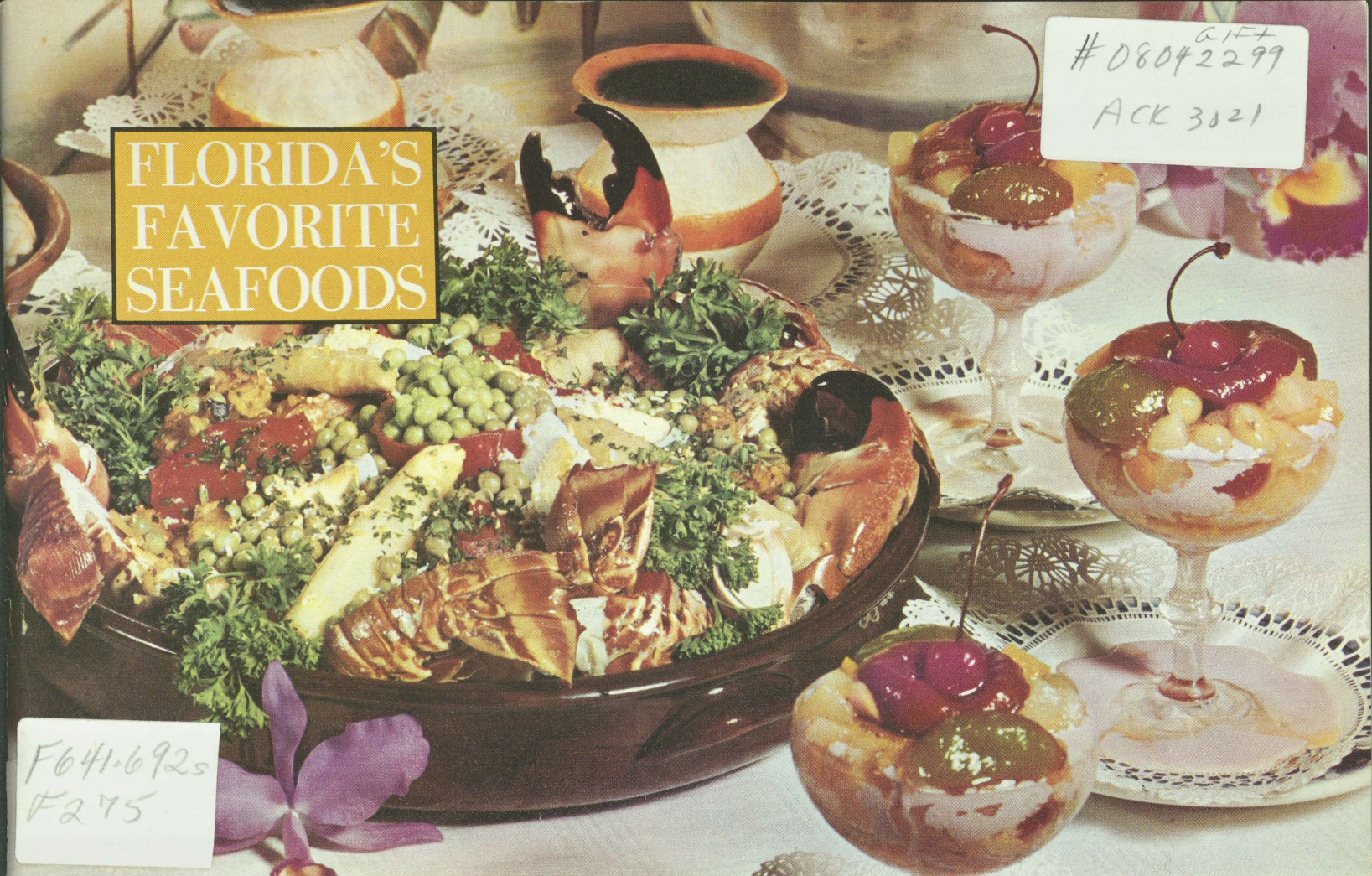


GIFT
#08042299
ACK 3021

F641.692s
F275

Dear Friends:

The recipes in this booklet have been tested and developed with the average homemaker in mind. We have taken into consideration your budget, as well as good nutrition. Seafoods are easy to prepare, requiring a short cooking time; they are economical, if plentiful varieties are utilized; they are high in nutritive value, and can be attractively served either plain or with garnishes. We hope you will enjoy these recipes and serve them often. Remember EVERYDAY is seafood day in Florida.

If you will put a smile in your cooking and be happy in your important job as a homemaker, you'll find those who eat your creations will be happy. Our work is creative to be sure. We should go about it as if we were painting a beautiful picture to be enjoyed and complimented. Our kitchen is the heart of our home.

Randolph Hodges, *Director*
Florida Board of Conservation

COVER: COURTESY COLUMBIA RESTAURANT, TAMPA, FLORIDA; PHOTOGRAPH BY ROBINSONS, INC.

COPYRIGHT 1960 PENINSULAR PUBLISHING CO., TALLAHASSEE, FLORIDA

STATE LIBRARY OF FLORIDA
3 1246 00344871 1

Fish

BAKED FISH FLORIDA

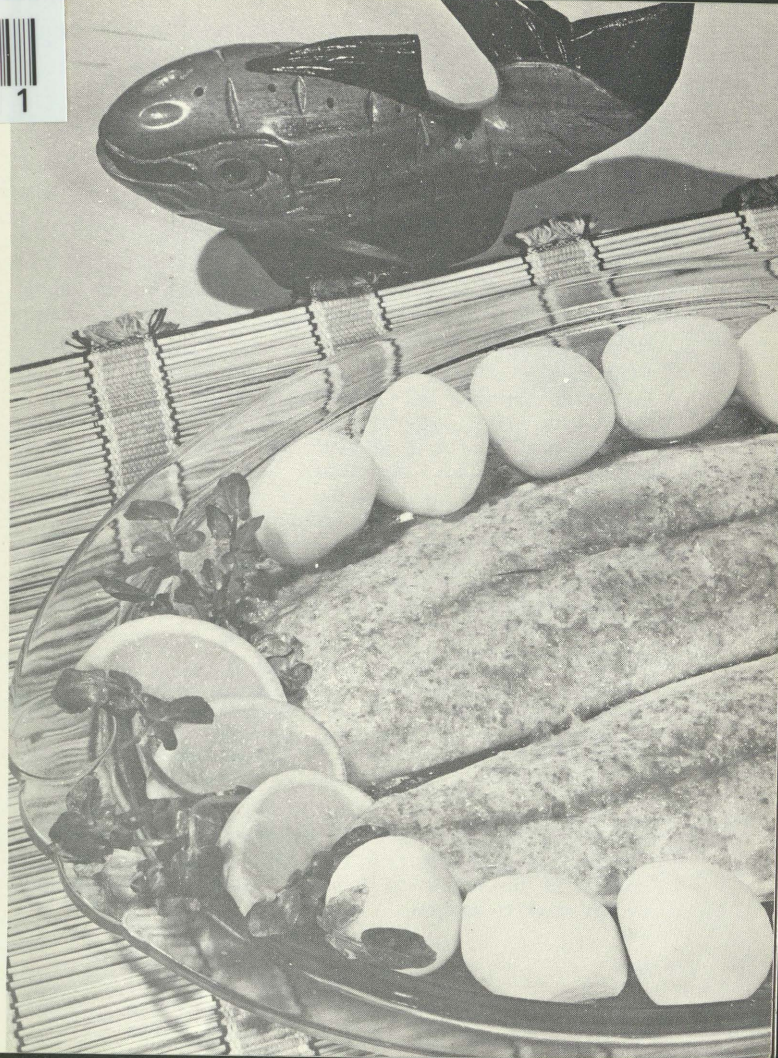
2 to 4 pound whole red snapper, mackerel, trout or other fish
4 slices onion
¼ cup melted butter
1 teaspoon salt
dash pepper
3 tablespoons undiluted orange concentrate
1 tablespoon soy sauce

Place fish in greased baking pan. Slash in several places and insert thin slice of onion in slashes. Melt butter and mix with salt, pepper, orange concentrate and soy sauce. Spread over and under fish and baste during cooking period. Bake in moderate oven at 350° F. for 20-30 minutes or until fish flakes easily when tested with a fork. Serves 4-6.

BAKED RED SNAPPER WITH RICE-MUSHROOM STUFFING

Have backbone and fins removed from 6 lb. snapper (or other fish). Preheat oven to 500° F.

Sprinkle fish inside and out with salt and pepper. Stuff with rice-mushroom stuffing (don't lace). Bake at 500° F. for 10 minutes, then lower heat to 400° F. and continue to cook for 40 minutes, or until flesh flakes with fork, about 10 minutes per pound.



RICE-MUSHROOM STUFFING

½ cup butter or other fat
1 large onion, minced
2 cups minced celery
1 cup sliced mushrooms
2¼ cups cooked rice
½ teaspoon salt
½ teaspoon pepper
½ teaspoon sage
½ teaspoon thyme

Melt butter, cook onion, celery and mushrooms, about three minutes, until soft but not brown. Add other ingredients, and stuff fish. Serves 6-8.

FOR PLAIN BAKED FISH—clean, wash and dry fish. Rub inside and out with salt. Place fish in a greased baking pan. Brush with melted butter or other fat and lay slices of bacon over the top. Bake in a moderate oven 350° F. for 40 to 60 minutes or until fish flakes easily when tested with a fork. Baste with melted fat if fish seems dry while baking. Serve plain or with a sauce. (Page 56).

OR: Stuff fish with bread or cornbread stuffing. Sew the opening with needle and string or close with skewers. Follow instructions above for plain baked fish.

BREAD STUFFING

3 tablespoons onion, chopped
¾ cup celery, chopped
6 tablespoons butter or other fat, melted
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon thyme, sage or savory seasoning
3 cups day-old bread crumbs

Cook the celery and onions in the melted fat for about 10 minutes, or until tender but not browned. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If dressing is too dry, add 2 tablespoons water, milk or fish stock to moisten.

OVEN DINNER ON A PLANK

Here's a family favorite that is good enough for a party.

3 or 4 pound fish, dressed
1½ teaspoons salt
⅛ teaspoon pepper
4 tablespoons butter or other fat
mashed potatoes
carrots, cauliflower, tomatoes or other vegetable combinations

Use hardwood plank or shallow oven platter. If plank is used, oil well and place in cold oven to heat as oven preheats. Clean, wash and dry fish. Sprinkle inside and out with salt and pepper. Brush with melted fat. Place fish on hot, oiled plank or on greased oven platter. Bake in moderate oven (400° F.) for 35 to 45 minutes or until fish flakes easily when tested with a fork. Remove from oven and arrange border of hot mashed potatoes around fish. Cut tops off tomatoes or in half. Sprinkle with salt and pepper. Turn on broiler and place under it until potatoes are browned lightly and tomatoes broiled. Just before serving add other cooked vegetables while hot. Serves 6-8.

FISH FILLETS AND STEAKS

Fish fillets and steaks are easy to cook. Ask your dealer to prepare your fish ready for the pan. Fillets are medium sized fish that have been split, boned and sometimes skinned. They are delicious poached, broiled, sautéed, stuffed and rolled, pan or deep-fat fried and baked.

Steaks are cross section slices of the larger sizes of dressed fish. They are ready to cook as purchased. A small round bone is usually the only one in the steak and this is easily removed. Steaks are good in all the ways listed under fillets. Also available are the handy packaged frozen or fresh products.

MACKEREL FILLET HIGH-HAT

2 pounds (6 small) mackerel
3 tablespoons butter
1 small onion, minced
2 cups soft bread crumbs
1 teaspoon salt
½ teaspoon pepper
3 tablespoons water
¼ cup chopped sweet pickles
½ cup sour cream
½ cup milk

Melt butter in large skillet and cook onion until soft. Toss with bread crumbs, salt, pepper and water. Add pickles. Roll fillets loosely and fasten with toothpicks. Place in buttered baking pan. Fill centers with stuffing. Mix sour cream and milk (evaporated milk and water may be substituted) and pour around fillets.

Bake at 350° F. for 20-25 minutes or until brown. Serves 6.

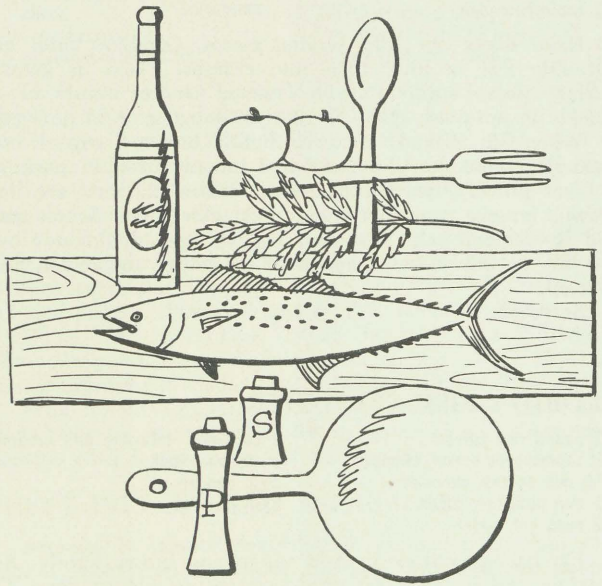
FISH FILLETS IN LIME SAUCE

2 pounds Florida mullet or other fish fillets
1 teaspoon salt
dash pepper
1 teaspoon paprika
2 tablespoons lime juice
1 teaspoon grated onion
¼ cup butter or other fat, melted

Cut fillets into serving-size portions. Place in a single layer, skin side down, in a well-greased baking pan. Combine remaining ingredients and pour over fish. Bake in a moderate oven 350° F. for 20-25 minutes or until fish flakes easily when tested with a fork. Serves 6.

BAKED STUFFED FILLETS

Place stuffing between 2 fish fillets or over top of flounder which has been split. Season with salt and pepper. Brush with melted butter or margarine. Bake in moderate oven (350° F.) 15-20 minutes or until fish flakes.



BAKED FISH FILLETS WITH ALMONDS

1 pound fish fillets
1 cup milk
1 tablespoon salt
dry bread crumbs
1 tablespoon melted butter or margarine

Have fillets cut into serving pieces. Combine milk and salt. Dip fish in milk then into crumbs. Place in greased baking dish, sprinkle with melted butter and brown quickly in hot oven, 500° F. 10 to 20 minutes. Add no water.

When fish is ready to serve, lightly brown 1 cup slivered almonds (these may be purchased already fixed in packages at your grocers) in ¼ cup butter. When almonds are light brown, remove from butter. Add 2 tablespoons lemon juice and ⅛ teaspoon salt. Stir until heated. Spread almonds over fish when ready to serve and pour the butter and lemon juice over all.

Serves 3.

FLORIDA FISH CHOWDER

1 pound fish fillets
2 tablespoons bacon, chopped
½ cup onions, chopped
1 cup potatoes, diced
2 cups hot water
2 cups half milk and half cream
1 teaspoon salt
dash pepper
dash paprika

Fry bacon until crisp. Add onions and brown lightly. Add potatoes and water. Cook until potatoes are almost done. Cut fish fillets into pieces of about 1 inch. Add fish and cook until it flakes when tested with a fork. Pour in milk, cream and seasonings. Heat and serve with chopped parsley sprinkled over top.

Serves 6.

CORNBREAD STUFFING

2 cups fine soft bread crumbs
1 cup crumbled corn bread
3 tablespoons butter, melted
1 tablespoon chopped onion
½ cup chopped celery
1 tablespoon lemon juice
½ teaspoon salt
2 tablespoons water

Sauté onion and celery in butter until soft but not browned. Add other ingredients thoroughly but with light touch. Stuffing for 3-4 pound fish. For a change—omit lemon juice . . . add ¼ cup chopped dill pickle and 2 tablespoons chopped parsley.

HOLIDAY FISH ROLLS

6 thin fish fillets (skinned)
4 tablespoons butter
1 teaspoon minced onion
1 teaspoon prepared mustard
1 tablespoon soy sauce
1 tablespoon flour
1 cup pineapple tidbits

Spread fillets with mixture of other ingredients, except pineapple. Roll and place in baking dish. Sprinkle with salt and pepper. Pour over fish 1 cup of pineapple tidbits, drained, and ¼ cup sherry wine or pineapple juice. Bake at 350° F. for 20 minutes. Serves 6.

OR: Roll small fillets inside muffin rings and fill center with prepared stuffing. Dot with butter and bake in oven at 350° F. until fish flakes easily when tested with a fork.

OR: Omit dotting with butter—instead place a strip of bacon over top of fish rolled around stuffing. Fasten with toothpick and bake 20 minutes.

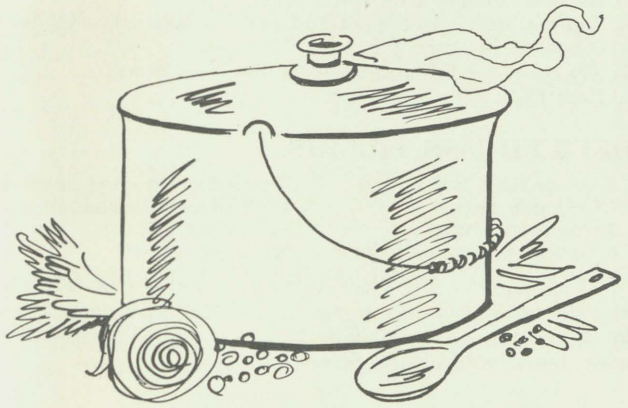
OR: Roll small skinned fillets. Place in greased pan and arrange drained grapefruit sections around fish. Baste with melted butter and bake for 15 minutes. Sprinkle with paprika.

FOIL BAKED FILLETS

Dust fish steaks with salt and pepper. Place in squares of aluminum foil large enough to cover. Pour over fish ¼ cup lime juice and 1 tablespoon capers and juice.

Wrap tightly in foil, pressing down around fish to prevent steaming. Place in baking pan and bake in oven at 425° F. about 30 minutes. Do not open foil during cooking but just before ready to serve fold down foil from top of steaks and brown under the broiler. Baste, if dry, with some of the lemon-caper sauce or melted butter. 1 steak each.

OR: Line baking pan with foil, grease and place large fillet or steak in center of foil. Bake at 400° F. for 15 minutes per pound. Remove from oven and spoon around fish canned or cooked vegetables — potatoes, beans, beets or other combinations. Season with salt and pepper, and spoon melted butter over all. Return to oven for 15 minutes. Serve in foil.



FISH-EGGPLANT DELUXE

4 large fish fillets
1 cup rice
1 pound eggplant, peeled and sliced
⅔ cup butter
3 tablespoons salad oil
3 onions, peeled and sliced
1 can (1 pound) tomatoes
2 teaspoons salt
½ teaspoon pepper
¼ teaspoon grated lemon rind
1 bay leaf, crumbled

Cook rice and set aside. Melt butter in large skillet. Roll eggplant in seasoned flour and sauté in butter until tender and brown. Remove from skillet and set aside. Add salad oil to butter where eggplant was cooked. Add onion and saute until tender. Then add tomatoes, salt, pepper, lemon rind and crumbled bay leaf. Simmer 5 minutes.

In a 2-quart casserole place a layer of rice mixture, then layer of eggplant and another layer of rice. Spread tomato mixture over all. Top with remaining rice. Sprinkle with salt and pepper. Place covered in 375° oven for 30 min.

While this is cooking, lightly flour 4 large fish fillets (flounder, pompano, trout, snapper or other variety). Fry until lightly browned in cooking oil. Season with salt and pepper.

After 30 minutes remove casserole from oven, place fried fillets over top of casserole. Return to oven for 15 minutes. Garnish with lemon curls and parsley. Serves 6.

PUFFY FILLETS AND ASPARAGUS

Arrange 1½ pounds fish fillets in greased pan. Pour over them 1 tablespoon lime juice. Sprinkle with salt and pepper. Broil 3" below heat for 10 minutes. Cook asparagus, drain and arrange over the fish. Heat one cup milk in top of double boiler and add 2 cups grated cheddar cheese (½ pound). When melted and smooth pour over fish and asparagus. Return to oven and broil on low rack until done. Serves 6.



FROZEN FISH

Frozen fish fillets and other products should be delivered still frozen and kept frozen until needed. Once the fillets are thawed, use them immediately.

The best way to thaw the fillets is to place packages on trays in the refrigerator, allowing about 18 hours. If necessary to thaw the fillets quickly, let them stand at room temperature for 3 to 4 hours. In a solid pack they will need much longer thawing period.

Never refreeze fish after thawing and do not thaw in water.

BROILING TIPS

1. Broiling oven and rack should be very, very hot.
2. Watch the fish carefully.
3. If fish is thin, no turning is necessary.
4. Be sure broiling pan is well oiled.
5. Sprinkle with salt, pepper and paprika before broiling for a delicately browned fish.
6. Always place fish in pan with skin side down.
7. Broil fillets 4 to 5 minutes.

DEVILED FISH FILLETS

2 pounds fillets (any variety)
½ cup chili sauce
2 tablespoons salad oil
2 tablespoons prepared mustard
2 tablespoons prepared horseradish
1 tablespoon Worcestershire sauce
½ teaspoon salt
pepper to taste

Wash and dry fish. Place in greased broiler pan. Mix other ingredients. Spread evenly over fish fillets. Cook under broiler for 5 minutes, or until lightly browned and fish flakes easily when tested with a fork. Serves 6.

SAUCY BROILED MACKEREL

Have 2 lbs. mackerel dressed and filleted, or, use frozen fillets. Thaw, if frozen, and several hours before cooking, place in broiler or glass baking dish. Sprinkle generously with salt, pepper and lime juice. Pour over ¼ cup French Dressing.

Let fillets marinate until just before cooking. Then drain and sprinkle with paprika. Place about 3" from heat in broiler for 3-5 minutes, or until nicely browned but not dry. (Cook just until flesh flakes easily when tested with fork).

OR: Omit marinade. Sprinkle fish with salt and pepper. Arrange in shallow baking pan. Cover and bake in oven at 400° F. for 20 minutes. Uncover and pour over fish, 1 cup sour cream mixed with ½ teaspoon prepared mustard, 1 tablespoon minced onion, ¼ teaspoon salt, and sprinkle with paprika. Place under broiler until browned lightly. Serves 4.

WHOLE PANFISH BROIL

Clean small fish, leaving them whole. Wash and dry on absorbent paper. Cut 2 inch slashes on both sides of fish to prevent curling. Sprinkle with salt, pepper and lemon juice. Set aside for as long as possible before cooking. Roll fish in flour, then in salad oil. Grease a shallow pan and heat in oven. Place fish in pan and broil on low rack for 10 minutes or until fish is brown; turn and broil other side for same length of time. Remove and serve on hot platter with sliced tomatoes and parsley sprigs.

LEMON-CELERY BROILED FISH

Have 2 pounds of fish dressed and filleted. Place in greased pan over bed of sliced lemon and celery tops or sprigs of parsley. Broil 3-5 minutes. Baste with butter.

FILLETS STUFFED WITH CRAB AND SHRIMP

3 pounds fillets — salt and pepper

Sprinkle fish with salt and pepper.

FILLING: Melt 2 tablespoons butter in saucepan. Stir in 2 tablespoons flour. Gradually add 1 cup milk. Cook, stirring until thickened. Remove from heat. Add *¼ cup each* flaked, boned crab—and chopped cooked shrimp.

SEASON WITH:

¼ cup celery — 1 tablespoon chopped parsley
¼ cup green onion — 1 teaspoon salt

Divide the filling equally among fillets. Roll and secure with tooth picks. Place in shallow baking dish and bake in hot oven 400° F. about 30 minutes. Baste with melted butter. Cook until brown on all sides. Serves 4.

SERVE WITH THIS SAUCE:

Melt 1 tablespoon butter in top of double boiler. Stir in 1 tablespoon flour and gradually add 1 cup light cream. Season with ½ teaspoon salt and dash pepper. Quickly add some hot sauce to 2 slightly beaten egg yolks. Re-add to sauce. Place over simmering water and cook, stirring constantly until thickened. Add about 1 tablespoon lemon juice and pour over fish just before serving. Garnish with whole cooked shrimp and crabmeat. Serves 6. Good with a menu of tomato soup, green beans and chocolate tapioca.

OR: Make a tasty almond-butter sauce by creaming ½ cup butter until fluffy; add 1 teaspoon salt, ⅛ teaspoon pepper and ¼ cup ground almonds. Stir in 1 teaspoon lemon juice and 1 tablespoon chopped parsley. Heat thoroughly.

FISH CRISPY AND HUSH PUPPIES

A new way to fry fish, moist, crisp with potato chips and almonds.

- 2 pounds mullet, mackerel, or other fish fillets (or panfish)
- 1 egg, beaten
- 1 tablespoon lime juice
- 1 cup cold milk
- ½ teaspoon salt
- 2 tablespoons cooking oil
- 1 cup flour
- 2 cups finely crushed potato chips mixed with ½ cup crushed almonds

Cut fillets into serving size pieces. Sprinkle with salt and pepper.

Combine egg, lime juice, milk, cooking oil and salt.

Stir gradually into flour. Mix well.

Dip mullet pieces into batter, then roll in crushed potato chips and almonds.

Fry in deep fat at 375° F. until nicely browned. Serves 6.

OR: For plain fried fish—sprinkle both sides with salt and pepper. Roll in cornmeal and fry in a heavy frying pan in ⅛ inch melted fat, hot but not smoking.

OR: Dip fish in 1 beaten egg with 1 tablespoon milk or water, roll in soft bread crumbs, cracker meal or cornmeal. Fry as above or in deep fat at 375° F. until golden brown. DO NOT OVERCOOK!

HUSH PUPPIES

- 1 cup cornmeal
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg
- ¼ cup milk or water
- 1 medium sized onion, minced

Mix dry ingredients and onion. Break in egg and mix well. Add liquid and shape into small patties. Fry at 375° F. in deep fat, or in skillet with about 1 inch of fat, until brown.

POACHED FISH (FISH FLAKES)

- 2 pounds fish fillets (any kind of fish)
- 2 cups water
- 1 tablespoon salt

When salted water comes to a boil turn heat to simmer and place fish fillets in water. Cook for about 12 minutes or until fish loses its transparent look and flakes easily when tested with fork. Remove fish from water carefully, draining well.

With a fork, flake fish from bone and skin. Use flakes in any recipe calling for canned fish or fish flakes—or serve in whole pieces with a sauce. Makes 2 cups flaked fish. Serves 6. (See page 55.)

FLAKED FISH ROLL-UPS

- 2 cups flaked cooked fish
- 1 tablespoon dehydrated onion flakes
- 1 tablespoon water
- 1 can condensed cream of celery soup
- ¾ cup grated cheddar cheese
- 1 tablespoon lemon juice
- 2 cups biscuit mix

Prepare flaked fish by poaching fresh fish in enough boiling water to cover with salt added. Cook just until flesh flakes easily when tested with a fork. Canned flakes may be used.

Add onion flakes to 1 tablespoon water and let stand a few minutes. Heat soup and add onion, cheese and fish. When heated through remove from stove and add lemon juice.

Prepare biscuit mix, rolling out into a rectangle about ¼" thick, 18" x 8". Spread with fish mixture and roll like jelly roll, beginning at wide side. Seal ends. Place on greased baking sheet. Bake at 400° F. for 20 mins.

FISH FLAKES & HAM WITH MUSHROOM SAUCE

1 cup cooked flaked fish
thin slices of cold boiled or baked ham
1 can condensed cream of mushroom soup
¾ cup milk
1 tablespoon grated onion
1 tablespoon steak sauce
⅛ teaspoon salt
⅛ teaspoon freshly ground pepper

Heat soup with milk; add onion, steak sauce, salt and pepper. Cook until smooth. Add fish flakes and heat again. Serve slice of ham on hot buttered toast with fish sauce poured over all.

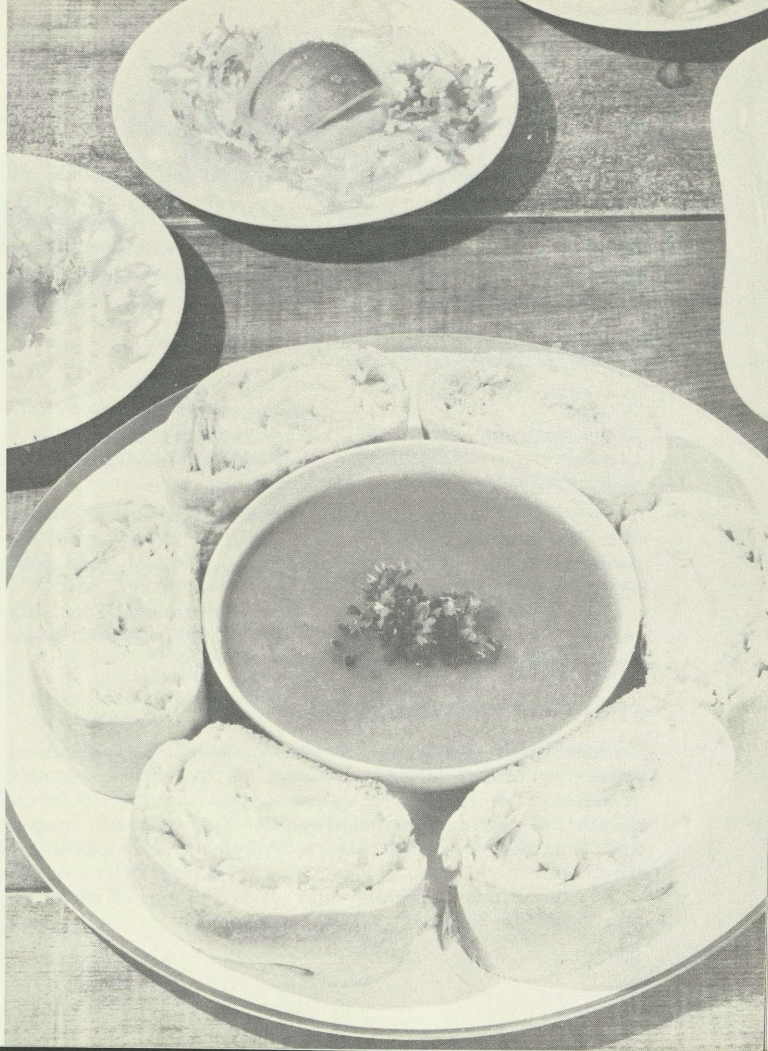
Serves 6.

FLAKED FISH CASSEROLE

2 cups cooked flaked fish (or canned)
½ teaspoon salt
2 tablespoons lemon juice
1 tablespoon butter
1 can condensed cream of tomato soup
creamed potatoes

Mix first 3 ingredients. Heat soup and add butter (do not boil). Mix with fish mixture. Pour into shallow 1 quart casserole dish. Spread mashed potatoes over top. Bake in moderate oven at 350° F. for 15 minutes or until potatoes are brown. Sprinkle top with parsley flakes or 1 tablespoon chopped fresh parsley, or serve plain.

TIP: Use cream of mushroom soup with ½ cup milk instead of tomato soup. Omit lemon juice and butter. Add ¼ cup chopped pimento, 1 small onion, grated, 3 hard-cooked eggs, sliced. Heat and serve over asparagus on toast halves instead of potatoes. Serves 6.



Oven Dishes

Oven cooked meals are so easy and good and we should all take advantage of the cooler days to serve them. Combine seafoods with other foods and you just can't go wrong. Bake macaroni and cheese with shrimp or fish flakes, added. They can be put into au' gratin dishes and scalloped potatoes. Here is a recipe we like at my house:

MUFFIN SURPRISE

- 1 cup fish flakes
- 2 eggs
- 2 cups buttermilk
- 3 tablespoons melted shortening
- 2 teaspoons salt
- 2½ cups sifted meal
- 3 teaspoons baking powder
- 1 teaspoon soda
- 1 tablespoon dehydrated onion flakes

Prepare fish flakes. Set aside. Beat eggs. Add buttermilk, shortening and salt. Add meal gradually (batter should be medium thin, if it seems too stiff reduce amount.) Add baking powder. Mix soda with 1 tablespoon water and add.

Beat until smooth. Add fish flakes and onion. Pour into well greased, heated muffin tins. Bake in hot (450° F.) oven 20-25 minutes or until nicely browned. Serves 6.

FISH ROE WITH BACON

Separate three pairs of roe (for 4 people). Melt ½ pound butter or bacon drippings. Roll roe in corn meal seasoned with 1 teaspoon salt and ¼ teaspoon pepper. Sauté slowly on all sides, giving them time to cook through and until brown. Use tongs or two spoons to turn carefully to avoid breaking membrane. Remove and drain on absorbent paper.

Fry bacon crisp. Crumble and serve over top of roe.

SEAFLAKE PIE

- 2 small potatoes, boiled
- 1 onion, minced
- 1 can cream of mushroom soup
- 1 cup green peas
- 2 cups fish flakes
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup browned bread crumbs
- ½ cup grated sharp cheese

Cook potatoes in salted water until almost done. Pour off water except enough to finish cooking. Add onions and boil 10 minutes. Add soup, peas, fish flakes, salt and pepper. Simmer for 5 minutes. Pour into casserole. Top with crumbs and cheese.

Bake in moderate oven (350° F.) until cheese melts. Before serving slice a hard-cooked egg and garnish with it and sliced olives if desired. Serves 6.

SEA DOG

- 2 packages frozen cooked fish sticks
- 1½ cups corn meal
- ¾ teaspoon soda
- 1 teaspoon salt
- small onion, chopped
- 2 eggs
- 1⅓ cups buttermilk
- ¼ cup melted shortening

Mix sifted corn meal, soda and salt. Add chopped onion. Beat eggs lightly and add buttermilk. Mix well with corn meal mixture. Add shortening and beat until blended.

Turn into greased square pan or baking dish. Press the frozen fish sticks sideways down into batter, leaving enough space between to cut when done. Over each fish stick spread chili sauce or combine equal amounts of mustard and melted butter as a substitute for the chili sauce. Bake in hot oven at 450° F. for 25-30 minutes. Cut squares to resemble hot dogs in buns. Serve with pickle relish and cole slaw. Serves 6.

BARBECUED FISH STICKS

2 packages fish sticks
¼ cup soft margarine
¼ teaspoon powdered mustard
dash tabasco
¼ cup chili sauce
1½ teaspoons Worcestershire sauce
½ teaspoon lemon juice
2 teaspoons grated onion

Place fish sticks close together in broiler pan. Combine other ingredients and spread over sticks. Broil 8 or 10 minutes until brown.

Serves 6.

BARBECUED FISH FILLETS OR STEAKS

2 pounds fish fillets or steaks
⅓ cup salad oil or bacon fat
1 tablespoon Worcestershire sauce
1 large onion, sliced thin
1 tablespoon prepared mustard
2 tablespoons brown sugar
¼ cup Tarragon vinegar
2 teaspoons salt
¾ cup catsup
dash tabasco
paprika

Grease shallow pan with part of fat and place fish in it. Mix remainder of fat with other ingredients. Sprinkle fish with paprika, cover with sliced onion and spread catsup mixture over all.

Place on lower rack of very hot oven, 450° F. for 10 minutes, basting and adding water if fish becomes dry. Brown under broiler for a few minutes just before serving.

Serves 6.



Fish Salads

FLAKED FISH TOSSED SALAD

(Nice for outdoor meals)

1 cup chopped cooked fish flakes
1 cup crisp cabbage shredded
½ cup chopped celery
2 tablespoons chopped sweet pickles
½ teaspoon salt
⅛ teaspoon pepper
2 hard-cooked eggs, chopped
2 tablespoons chopped onion
mayonnaise
lettuce
tomato wedges and ripe olives (optional)

Mix first 8 ingredients. Toss with mayonnaise. Serve in a large salad bowl lined with lettuce leaves. Chop head lettuce in bottom of bowl. Spoon in salad and garnish with tomato wedges and ripe olives.

Serves 4-5.

FISH FLAKE MOLDED SALAD

2 cups flaked cooked fish
1 cup chopped celery
2 tablespoons minced onion
¼ cup chopped stuffed olives
1 tablespoon unflavored gelatine
¼ cup cold water
⅔ cup sour cream
2 tablespoons chili sauce
1½ tablespoons lime juice
1 teaspoon salt
⅛ teaspoon pepper

Mix together flaked fish, celery, onion and olives. Soften gelatine in cold water and dissolve over hot water. Cool slightly and add sour cream. Add chili sauce, lime juice, salt and pepper. Combine with fish mixture. Pour into fish mold, first rinsing it in cold water. Chill until firm. Unmold and serve on salad greens.

Serves 6.

FISH AND POTATO SALAD

1 cup cooked flaked Florida fish
½ cup sour cream
1 teaspoon prepared mustard
1½ teaspoon salt
¼ teaspoon pepper
2 hard-cooked eggs, chopped
1 pimento (canned) chopped
3 cups cubed cooked potatoes
1 cup chopped celery
1 tablespoon chopped onion

Mix fish flakes, sour cream, mustard, salt and pepper. Combine with other ingredients. Chill. Serve on lettuce leaves garnished with sliced egg and tomato wedges. Serves 6.

FLAKED FISH-CUCUMBER SALAD

2 cups flaked fish
1 cup diced cucumber
2 tablespoons chopped pimento
½ teaspoon salt
dash pepper
2 tablespoons lemon juice
¼ cup chopped onion
¼ cup mayonnaise

Combine all ingredients. Chill and serve in lettuce cups. Serves 4-6.

TIP: Substitute ½ cup chopped sweet pickles for cucumber and pimento.

OR: Use 1 cup chopped celery and 1 cup cooked shrimp, chopped, and serve in cantaloupe halves.

SALAD-SANDWICH MIX

1 cup flaked cooked fish
½ cup chopped celery
1 teaspoon lemon juice
1 teaspoon prepared mustard
1 teaspoon drained capers
¼ cup mayonnaise

Mix all ingredients together. Spread on toast triangles. Garnish with sprig of parsley. Serve with carrot curls, potato chips, and mugs of chilled soup. Makes about 6 sandwiches or serves 6 as a salad.

SEAFOOD SANDWICH FILLING

2 cups flaked, cooked crabmeat, shrimp, or flaked fish
1 cup chopped cabbage
⅓ cup grated carrot
⅓ cup mayonnaise
salt to taste
paprika

Combine all ingredients except salt and paprika. Mix lightly. Add salt. Sprinkle top with paprika. Chill. Serves 6.

NEPTUNE'S SCALLOP

½ pound cooked fish, flaked
½ cup scallops, or oysters, drained
1 cup boiled shrimp
¼ cup butter or margarine
½ cup chopped celery
1 tablespoon cornstarch
1⅓ cups light cream
⅔ cup fish broth
½ teaspoon salt
⅛ teaspoon pepper
6 drops peppersauce
1 tablespoon lime juice

Prepare seafoods, poaching fish (any kind may be used) in a little water until it flakes easily when tested with a fork. Save ⅔ cup of broth. Flake flesh from bones and skin. Place shelled and cleaned shrimp with scallops in boiling water and simmer not more than 4 minutes. Drain and chop finely.

Sauté celery in melted fat until soft. Add cornstarch, mixing well. Gradually add fish broth and cream. Cook and stir until sauce is thick. Add oysters and cook about 5 minutes longer. Add salt and pepper, lime juice and peppersauce. Mix thoroughly. Add shrimp, scallops and flaked fish. Heat again. Serve on toast points. Serves 6.



Shellfish

MARKET FORMS OF SHELLFISH

SHRIMP	CRABS	LOBSTERS
CLAMS	OYSTERS	SCALLOPS

LIVE

Shellfish, such as crabs, lobsters, clams, and oysters should be alive if purchased in the shell, except for boiled crabs and lobsters.

SHUCKED

Shucked shellfish are those which have been removed from their shells. Oysters, clams, and scallops are marketed in this manner.

HEADLESS

This term applies to shrimp which are marketed in most areas with the head and thorax removed.

COOKED MEAT

The edible portion of shellfish is often cooked, ready to eat. Shrimp, crab and lobster-meat are marketed in this way.

Shellfish can be used in combination with other foods like noodles, macaroni, potatoes, vegetables and sauces, therefore, they are economical, as well as nutritious.

Florida (spiney) Lobster

Florida lobsters are available in season and since they supply high quality proteins, vitamins and minerals, we should eat them often. They are frequently served boiled or broiled in the shell. However, cooked meat may be used in cocktails, salads, chowders, main dishes, and sandwiches.

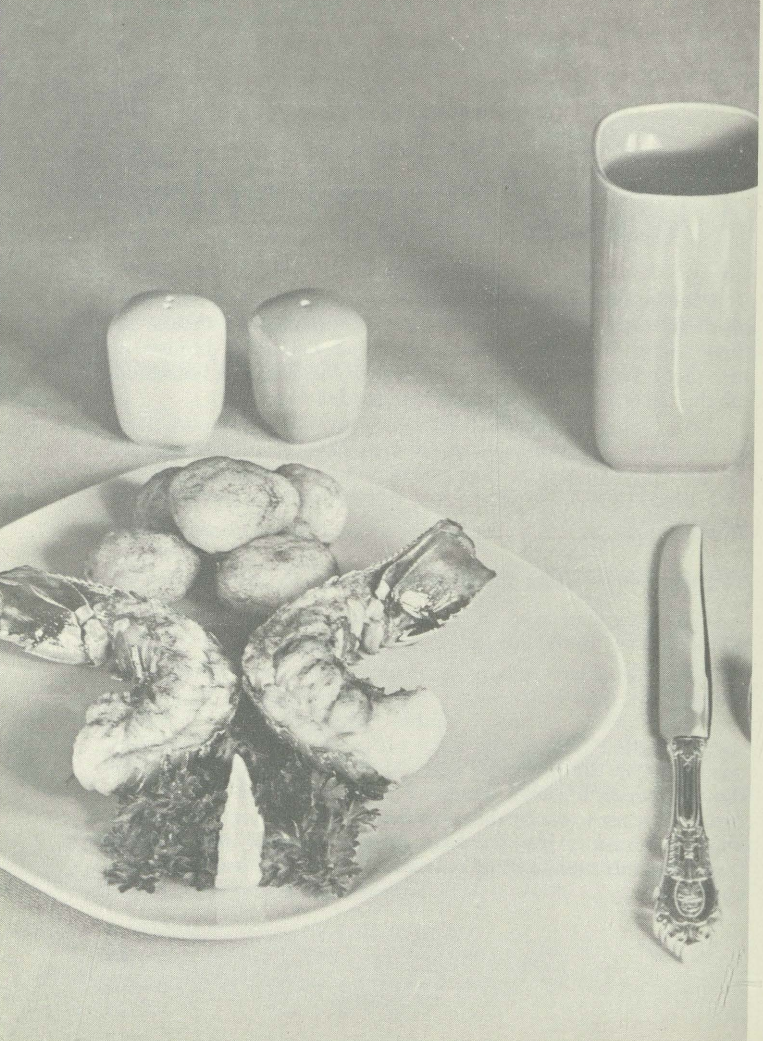
Live spiny or Florida lobsters are available in most parts of the state. They should be alive at time of cooking. When the lobster is cooked, its shell turns red and the meat is white with tinges of red. Whole cooked lobsters may be purchased in the markets.

SPINY LOBSTER PREPARATION

Cut the spinal cord of a live lobster by inserting a sharp pointed knife where the tail and body meet.

SPLITTING: Place lobster on back. Draw the pointed knife through the shell lengthwise from head to tail.

The Florida or spiny lobster differs from the northern species in that it lacks the large claws, instead having numerous spines on the body and legs. Most of the meat comes from the tail, which is easily separated from the body. Tail weighs from 4 ounces to more than a pound each and are sold frozen all year 'round. After the lobster is split simply pull the tail from the body and broil or remove the meat and use in numerous recipes.



REMOVING MEAT: With scissors or sharp knife cut the meat loose from the shell on the ends and edges. The meat can be pulled out then in one piece.

COOKING: Lobster can be broiled in the shell after it has been cleaned.

COMMERCIAL COOKING: Florida lobster is retailed after it has been boiled. The lobster is not sold in the fresh, uncooked stage.

BOILED LOBSTER: Put live lobster head first into rapidly boiling salted water. Allow the water to return rapidly to vigorous boil and continue cooking until the green lobster has turned a bright red (about 20-25 minutes). Remove with tongs and split as above.

LOBSTER THERMIDOR

2-1½ pound boiled lobsters
3 tablespoons butter
½ cup sliced mushrooms
½ cup sherry
¼ teaspoon salt
¼ teaspoon paprika
2 tablespoons flour
2 egg yolks
2 cups light cream

Split boiled lobsters lengthwise and remove meat. Cut into pieces. Clean and wash shells. Simmer in butter, lobster meat and mushrooms. Add sherry, salt, and paprika. Cook 2 minutes. Sprinkle with flour and mix. Beat egg yolks with cream and add to hot liquid. Cook gently, stirring constantly until smooth and thickened. Pack mixture into halved lobster shells. Sprinkle with grated Cheddar cheese. Brown under broiler.

Serves 4.

BROILED BOILED LOBSTERS

2 boiled lobsters
1 tablespoon butter or margarine, melted
⅛ teaspoon white pepper
⅛ teaspoon paprika

SAUCE

¼ cup butter or margarine, melted 1 tablespoon lemon juice

Ask your dealer to split cooked lobsters. Lay lobster open as flat as possible on a broiler pan. Brush lobster-meat with butter. Sprinkle with pepper and paprika. Broil about 4 inches from heat for 5 minutes or until lightly browned. Combine butter and lemon juice as a sauce and serve with lobsters.

Serves 4.

OR: Pull out tail section from body and broil tails as above. NOTE: Most of edible meat of spiny lobster is in the tail.

BAKED STUFFED FLORIDA LOBSTER

2 lobsters (cooked), 1 pound each
2 tablespoons butter or margarine, melted
2 cups soft bread crumbs
1 tablespoon grated onion
1 tablespoon dry savory
Dash garlic salt

Have dealer split cooked lobsters in half, lengthwise, and ask him to remove inedible parts, ready for stuffing. Mix and heat all other ingredients thoroughly in frying pan, browning lightly. Remove from heat. Place in body cavity and spread over tail meat. Place in shallow baking pan. Bake until browned, about 10-15 minutes in hot oven at 400° F.

Serves 4.



LOBSTER CREOLE

3 strips bacon
2 onions, minced
1 cup chopped okra
3 tablespoons fat, melted
1 cup tomato sauce
1 cup cooked rice
meat of 2 small Florida lobsters
Salt and pepper to taste

Fry bacon until crisp. Remove and sauté onions and chopped okra in fat and bacon drippings.

Add tomato sauce, rice and lobster-meat. Season with salt and pepper. Put into a casserole. Cover with bread crumbs. Bake until brown.

Serves 6.

CREAMED LOBSTER ON TOAST

2 cups cooked lobster meat
4 tablespoons butter or margarine
2 tablespoons flour
1 cup milk or thin cream
2 tablespoons finely minced onion
½ teaspoon salt
¼ teaspoon white pepper

Cut lobster meat into bite-size pieces. Set aside. Heat butter in skillet, sprinkle flour in slowly. Stir well and add milk gradually. Stir and cook until smooth. Add onion, salt and pepper. Stir in lobster meat. Heat thoroughly. Serve over toast, garnished with parsley. Serves 6.

LOBSTER AND PECAN SANDWICHES

½ pound cooked lobster meat
¼ cup chopped celery
1 tablespoon lemon juice
½ teaspoon salt
¼ cup chopped pecans
⅛ teaspoon paprika
¼ cup mayonnaise
Bread
Lettuce

Chop lobster meat fine. Add next six ingredients. Spread on bread. Top with lettuce. Cover with another slice of bread.

Serves 6.

LOBSTER FONDUE

4 cups cooked lobster meat (2 medium lobsters)
2 cans frozen cream of shrimp soup
1 cup milk
½ pound Chateau cheese, shredded
½ teaspoon paprika

Remove meat from shell and cut into small pieces. Heat soup in top of double boiler over water, beating until smooth. Add milk and cheese and continue beating until cheese is completely melted. Add lobster meat and cover. Let heat for five minutes, stirring occasionally.

LOBSTER SOUP

¾ pound cooked lobster meat
1 teaspoon salt
⅛ teaspoon white pepper
¼ teaspoon paprika
⅛ teaspoon ground nutmeg
¼ cup melted butter
1 pint half and half milk and cream
1 tablespoon chopped parsley

Cut lobster meat in pieces. Add with seasonings to butter. Heat. Add milk and cream and bring to boiling point, but do not boil. Sprinkle with parsley.

Serve with crisp crackers to 6.

FLORIDA LOBSTER NEWBURG

2 cups lobster meat
1 cup white sauce
1 teaspoon Worcestershire sauce
1 tablespoon sherry
1 tablespoon lemon juice
1 tablespoon butter
1 cup grated cheese
1 teaspoon salt
⅛ teaspoon pepper

Mix all ingredients. Pour in greased baking dish. Bake in hot oven, 450° F., 10 minutes.

Serves 6.

LOBSTER ARMANDINE

1 pound cooked lobster meat
½ cup butter or margarine, melted
1 cup blanched slivered almonds
½ teaspoon salt
pepper
2 tablespoons chopped parlsey, (optional)
toast

Cut lobster meat into small pieces. Melt butter and sauté almonds until lightly brown. Remove almonds. Add lobster meat and fry until lightly brown. Add seasonings, parsley, and sautéed almonds.

Serve on toast.

Serves 6.

LOBSTER COCKTAIL

½ pound cooked lobster meat
Lettuce
Cocktail Sauce

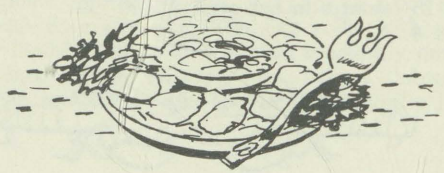
Cut lobster meat in pieces. Chill. Arrange lettuce in 6 cocktail glasses. Place lobster meat on top; cover with cocktail sauce.

SAUCE

⅓ cup mayonnaise
2 teaspoons lemon juice
¼ teaspoon paprika
¼ teaspoon salt

Combine all ingredients and chill.

Serves 6.



Salads

LOBSTER SALAD

2 cups cooked lobster meat
⅓ cup olive oil
2 tablespoons wine vinegar
½ teaspoon salt
6 drops hot pepper sauce
¼ teaspoon ground mustard
½ cup salad dressing
2 cups thinly sliced celery
1 small onion, minced

Cut the lobster meat about ½ inch thick and arrange on dish. Mix all the other ingredients and pour over lobster. Let chill in refrigerator for 1 hour or more. Serve garnished with parsley.

Serves 6.

LOBSTER-PECAN SALAD

3 cups cooked lobster meat
4 hard cooked eggs, separated
½ cup pecan meats
¼ teaspoon salt
1 cup mayonnaise
1 cup heavy cream, whipped
tomato quarters
lettuce

Mix lobster meat, chopped egg whites, pecans (chopped), and salt together. Combine mayonnaise and whipped cream. Fold in lobster mixture. Seive yolks of eggs or mash with a fork.

Serve salad on lettuce garnished with tomato quarters and egg yolks.

Serves 6.

With this salad try asparagus with lemon-butter sauce, fluffy potatoes, bread sticks and fresh fruit.

Oysters

A food that is rich in nutritive value, yet low in calories, is Florida oysters. They contain more protein than milk and are rich in copper, iron, and iodine, and supply essential calcium.

Oysters are a good source of vitamins A, B and C and they are delicious, too.

Serve them raw, roasted, steamed, fried, in stews, casserole dishes and creole. Your family will appreciate your choice.

Use small oysters for soup, salads and in casserole dishes. Ask for the large size to fry or broil. Don't forget oysters on the half shell. They are delicious and easy to fix.

Wash and rinse oysters in shell thoroughly in cold water*. Open by placing it on a flat, steady table with the flat shell up. Hold it with the left hand. Force an oyster knife between the shells at or near the thin end. To make it easier to insert the knife, break off the thin end with a hammer. Cut the large muscle close to the flat upper shell in which it is attached and remove the shell. Cut the lower end of the same muscle, which is attached to the deep half of the shell and leave it loose in the shell if you wish to serve it on the half shell. Or drop it into a bowl of you want to use the oysters in other recipes.

In purchasing oysters allow one dozen and a half for three persons if in the shell, or one pint of shucked oysters for three to four, according to how they are to be cooked.

*Oysters purchased in the shells should be alive. Shells must be tightly closed. If they gap, and do not close when handled, they are not alive, and should not be eaten.



OYSTERS ON THE HALF SHELL

36 shell oysters
cocktail sauce

Shuck oysters. Arrange a bed of crushed ice in shallow bowls or soup plates. Place six half-shell oysters on the ice with small bowl of cocktail sauce in center. Garnish with lemon wedges. Serves 6. See page 57.
OR: Season oysters on half shell with salt and pepper. Sprinkle buttered crumbs on top. Dust with paprika and broil 3 inches from heat for 5 minutes.

TASTY BAKED OYSTERS

36 shucked oysters
2 tablespoons minced onion
½ teaspoon salt
¼ teaspoon freshly ground black pepper
¼ teaspoon marjoram (optional)

Shuck and drain oysters; place on deep half of shells. Sprinkle with onion, salt, pepper, and marjoram. Dot with butter. Place oysters in baking pan, and bake in hot oven 400° F. for 10 minutes, or until edges curl.
Serves 6.

OYSTERS IN LIME SAUCE

1 quart oysters
½ cup flour
¼ cup butter
3 tablespoons Florida lime juice
tabasco
salt and pepper

Drain oysters, roll in flour and brown in 3 tablespoons butter. Place on hot serving platter. Keep warm. Brown 2 tablespoons flour in remaining butter. Stir in liquid from cooked oysters. Add lime juice, 3 drops tabasco, salt and pepper to taste. Heat to boiling point. Pour over oysters.
Serves 6.

OLD SOUTHERN PICKLED OYSTERS

1 quart large oysters
1 cup white vinegar
12 whole cloves
12 whole allspice
1 teaspoon salt
1 pinch cayenne pepper

Pour oysters into saucepan. Warm, then drain well. Pour in vinegar and seasonings. Heat until oysters curl around edges. Remove from heat and let cool. Chill and serve on lettuce with mayonnaise.

Serve pickled oyster salad with a seafood buffet of fried fish sticks, hushpuppies, broiled shrimp and seafood dip; a citrus dessert, such as ambrosia, is very good.

OYSTERS ROCKEFELLER (For 6)

36 shell oysters or 1 quart
2 cups cooked spinach
¼ cup chopped onion
2 bay leaves
2 tablespoons chopped celery
1 teaspoon parsley flakes
1 teaspoon salt
¼ teaspoon Tabasco
⅓ cup butter
½ cup dry bread crumbs
1 tablespoon lemon juice

Shuck oysters. Drain and place in deep half of shells or in greased baking dish. Put spinach, onion, bay leaves and celery through food grinder. Add seasonings to spinach and cook in butter for 5 minutes. Add crumbs and lemon juice. Mix well. Spread mixture over oysters. Bake at 400° F. for 10 minutes.

OR: Spoon into each oyster shell 1 teaspoon sour cream mixed with ½ teaspoon minced garlic; sprinkle with celery salt and black pepper. Grind together raw spinach, 1 sprig parsley and 1 bay leaf. Mix with this 2 tablespoons grated Parmesan cheese. Place oyster on top of sour cream mixture, fill shells with spinach mixture. Top with buttered browned bread crumbs. Bake as above.

SCALLOPED OYSTERS

1 pint oysters
2 cups cracker crumbs
½ teaspoon salt
⅛ teaspoon pepper
½ cup butter, melted
¼ teaspoon Worcestershire sauce
1 cup milk or cream

Drain oysters. Combine cracker crumbs, salt, pepper, and butter. Sprinkle ⅓ in a buttered casserole. Cover with layer of oysters. Repeat layer. Add Worcestershire sauce to milk, and pour over contents. Sprinkle remaining crumbs over top. Bake in moderate oven 350° F. for 30 minutes.

Serves 6.

OYSTER COCKTAIL

1½ pints oysters
cocktail sauce
lettuce
lemon wedges

Drain and dry oysters. Allow 6 for each serving and arrange in lettuce cups on individual salad plates. In the center of each plate, place a small bowl of cocktail sauce. Garnish with lemon. Serves 6.

OYSTER CASSEROLE

1 pint oysters
1 can condensed cream of celery soup
¼ cup milk
1 small onion, grated
1 tablespoon chopped parsley
½ teaspoon salt
dash pepper
1 tablespoon ground mustard
2 eggs

Preheat oven to 350° F. Grease 1½ quart casserole.

In saucepan, heat soup and milk. Add oysters along with onion, parsley, salt, pepper, and mustard. Beat egg yolks and add slowly to soup mixture. Beat egg whites until stiff and fold gently into mixture. Pour into casserole and bake 30 minutes. Serves 6.

CORN AND OYSTERS

1 package frozen corn
2 tablespoons butter
½ pint small oysters
½ teaspoon salt
¼ teaspoon pepper
1 can (2 oz.) mushrooms

Cook corn according to package instructions. Add butter. In another saucepan cook oysters in own liquid until they curl around edges. Drain. Brown mushrooms in a little butter. Pour in corn and oysters. Heat and serve to 6.

Serve with this dish, cole slaw, green beans, celery sticks and prune cake.

OYSTER STUFFING FOR DUCK

1 medium onion, minced
1½ cups celery, diced
⅓ cup butter
1 pint small oysters, drained and chopped
2 teaspoons mixed herbs
1⅓ cups cooked rice
1 cup water chestnuts, chopped
salt and pepper

Cook onion and celery in butter until soft. Add remaining ingredients, mixing lightly. Stuff duck and when served garnish with kumquat preserves and spiced crab apples.

Makes 4 cups stuffing.

OYSTERS & SHRIMP FLORIDA

1 pound peeled, de-veined shrimp
¼ cup lime juice
3 eggs, beaten
1 pint oysters
1 cup flour
1½ teaspoons salt

Pour lemon juice over shrimp and oysters and let stand 10 minutes. Cut shrimp butterfly. Place flour in paper bag. Add shrimp and oysters and shake well. Combine egg and salt. Dip each shrimp and oyster in this and fry in heavy frying pan in ⅛ inch fat, hot but not smoking. Turn. Cook 4 minutes.

DE LUXE FRIED OYSTERS

1 quart large oysters
2 eggs, broken
2 tablespoons milk
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
½ cup flour
1 cup bread crumbs, corn meal, or cracker meal

Drain oysters. Mix eggs, milk, and seasonings. Dip oysters first in flour, then in egg mixture. Roll in crumbs. Fry in hot fat, browning both sides about five minutes. Drain on absorbent paper. Serve with lemon or tartar sauce.

Serves 6.

OR: Scoop out center of a loaf of French bread and fill with fried oysters. Save the crumbs from the loaves to use later in other dishes. White or other whole loaf bread may be used.

BARBECUED OYSTERS

1 pint small oysters, drained
1 cup chili sauce
½ cup water
1 tablespoon dehydrated onion flakes
¼ cup lemon juice
2 tablespoons brown sugar
3 tablespoons Worcestershire sauce
2 tablespoons prepared mustard
2 teaspoons salt
¼ teaspoon pepper
2 tablespoons melted butter

Place oysters in broiler pan or shallow baking dish. Mix all other ingredients and simmer in a saucepan for 15 minutes. Pour over oysters. Place under broiler until bubbly and lightly browned.

Serve to 4 on split toasted hamburger-carraway seed buns.

Green beans, cinnamon apples and skillet cake with lemon sauce are nice with this dish.

OYSTER STEW

1 pint oysters
4 tablespoons butter
1 quart milk
1½ teaspoons salt
⅛ teaspoon pepper
paprika

Melt butter. Add drained oysters and cook 3 minutes or until edges curl. Add milk, salt and pepper. Bring almost to boiling point, but *do not boil.* Garnish with paprika. For 6.

CRAB-FRIED OYSTERS

1 pint (2 cups) crab meat, flaked
1 cup fine bread crumbs
¼ teaspoon salt
dash Tabasco
⅛ teaspoon nutmeg
2 dozen shucked, medium-sized oysters, drained
1 egg beaten
1 tablespoon milk

Combine crabmeat and other ingredients, except oysters, egg, and milk. Combine these and dip oysters in this mixture, then in crab mixture. Brown in ½ cup fat in skillet. Sprinkle with paprika.

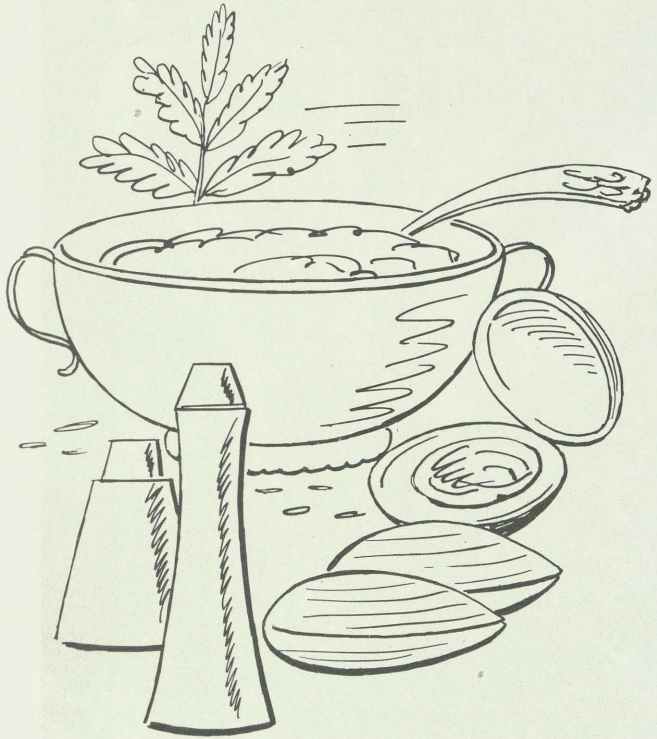
Serve with lime wedges. Serves 6.

CHICKEN OR TURKEY & OYSTERS

(A delicious use for left-over chicken or turkey)

2 cups diced cooked chicken or turkey, free from fat and skin
½ pint medium-sized raw Florida oysters, drained
2 tablespoons butter
2 tablespoons flour
⅔ teaspoon salt
½ teaspoon white pepper
1 pint milk (may be part cream)

Make a sauce of the butter, flour, milk and seasonings, simmering until thick. Into a casserole put the chicken or turkey and oysters, mixing well together. Cover with the white sauce and bake at 350° F. for 15-20 minutes. Serves 6.





OYSTERS IN SCALLOP SHELLS

2 cups finely minced oysters
½ cup onion, minced
1½ cups dry bread crumbs
2 eggs, beaten
1 tablespoon prepared mustard
1 teaspoon pepper
¼ cup celery, minced
⅓ cup green pepper, minced
1 cup heavy cream
3 tablespoons melted butter
1½ teaspoons salt

Mix all ingredients and spoon into scallop shells. Bake 20 minutes in a moderate oven 350° F. Remove and cover with grated Parmesian cheese. Place ½ strip of bacon on top of each and return to oven until bacon is crisp.

Serves 8.

Florida Scallops

There are two kinds of scallops. Bay scallops are small and delicate and have a creamy pinkish color, while sea scallops are large, being two inches or more. They are white. If larger scallops are used, split them across the grain to a thickness of about ½ inch. There are also quick-frozen scallops on the market.

Like oysters and clams, scallops have two shells — hence are called "bivalves." The only part of the scallop that is eaten is the large muscle which controls the shell movements.

Scallops are good in recipes calling for oysters. They can be used in dishes such as cocktails, appetizers, salads, soups and main dishes; fried, broiled, baked, barbecued and many others. Sea or bay scallops may be used in the following recipes. They are purchased by the pint if fresh, and, if frozen by the pound.

Fresh or frozen scallops may be used in these recipes—

SCALLOP KABOBS

1 pound or pint scallops
¼ cup butter or margarine, melted
1½ cups cubed apples or pineapple chunks
salt, pepper and paprika

Thaw scallops if frozen. If fresh rinse and dry.

Dip scallops in butter mixture. On long skewers, alternate scallops, and apple or pineapple, until skewers are filled. Place skewers across a baking pan and bake in a very hot oven, 450° F. for 20 minutes, turning once to brown other side. For 6. OR: Add 10 slices bacon. Fry bacon until cooked but not crisp. Drain on absorbent paper. Cut in thirds crosswise. Alternate between scallop and pineapple on skewers.

SCALLOPS PAPRIKA

1 pound scallops (frozen or fresh)
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon paprika
2 tablespoons minced onion

Thaw scallops if frozen. Or, if fresh, rinse in cool water and dry.

In saucepan heat butter and add salt, pepper and paprika. Stir until mixture bubbles. Add onion and drop in enough scallops to cover bottom of pan. Cook until lightly browned on both sides; about 5 to 7 minutes. Serve with cucumber pickles and tomato halves. Serves 6.

FRIED SCALLOPS

Allow 7 or 8 breaded scallops per person.

Use a small skillet in which 2 tablespoons butter per person is melted. Sauté scallops until golden brown and done. Season with salt, pepper and celery salt.

Garnish with parsley and lemon slices.

SCALLOP STUFFING (8-10 Pound Bird)

1 medium onion, chopped
1 cup chopped celery
1 teaspoon leaf sage
1 teaspoon fish seasoning or savory
½ cup butter or margarine
1 loaf dry white bread (cubed)
2 cups scallops (chopped)
1 teaspoon salt
pepper

Sauté onions and celery, with sage and fish seasoning, in butter or margarine about 10 minutes. Add bread cubes, scallops, salt and pepper and mix well. It takes about a cup of stuffing for each pound of turkey.

SCALLOPS WITH WINE SAUCE

1 pound bay scallops
½ cup finely sifted dried bread crumbs
paprika
¼ cup butter or margarine
⅓ cup finely chopped onion
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons dry white wine

Roll scallops in crumbs sprinkled with paprika. Heat butter in skillet. Add onion, salt and pepper. Add scallops and sauté until scallops are lightly browned on all sides. Remove from skillet to hot platter. Add 2 tablespoons dry white wine to butter, heat; pour over scallops. Serves 4.

HOT SCALLOPS

1 quart scallops
½ cup butter or margarine
1½ teaspoons prepared mustard
¾ teaspoon salt
dash tabasco sauce
1 teaspoon Worcestershire sauce
1 cup hot milk
buttered bread crumbs

Chop scallops, heat and pour in baking dish. Beat softened butter, creaming in mustard, salt, Tabasco, and Worcestershire sauce. Add to scallops and pour on milk. Cover with buttered bread crumbs and bake in moderate oven 350° F. 20 minutes.

SCALLOPED SCALLOPS

1 pint (1 pound) scallops
2 cups crushed oysterette crackers (coarse)
¾ cup melted butter or margarine
½ teaspoon salt
pepper
½ cup soft bread crumbs
1 cup light cream
dash mace

Wash scallops in cold water and drain well. Cut in half cross-wise. Combine crackers, butter or margarine, salt and pepper. Alternate layers of scallops and cracker mixture in greased baking dish, covering top layer with soft bread crumbs. Pour cream over all and dash lightly with mace.

Bake in moderate oven for 25-30 minutes.

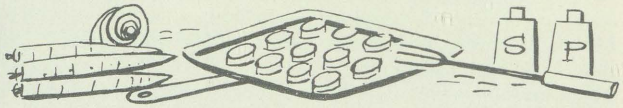
Serves 4.

SCALLOP COQUILLE

2 cups boiled scallops
2 hard-cooked eggs (diced)
½ cup soft bread crumbs
1 tablespoon minced green pepper
¼ teaspoon salt
1 tablespoon minced parsley
1 tablespoon grated onion
1 teaspoon lemon juice
½ teaspoon prepared mustard
1 can condensed cream of mushroom soup
¼ cup water

Mix all ingredients with mushroom soup thinned with water. Mix lightly and pile in 4-6 scallop shells. Top with ¼ cup soft bread crumbs and ¼ cup grated Parmesan cheese. Bake in hot oven, 400° F. about 15-20 minutes until golden brown. This may be poured in a buttered baking dish if preferred.

Serves 6.



SCALLOP PUFFS

Make a salad of 1 pint scallops (cook as under Boiled Scallops). Drain and chop. When cool, mix with 1 cup chopped celery, 2 tablespoons lemon juice, 2 teaspoons grated onion, ½ teaspoon salt, dash cayenne pepper; mayonnaise to bind mixture.

Cut tops from puff shell. Fill each shell with 3 teaspoons salad. Makes 2½ cups salad.

PUFF SHELLS

½ cup flour
⅛ teaspoon salt
¼ cup butter
½ cup boiling water
2 eggs

Sift flour and measure. Add salt and sift second time. Boil water and add butter. When melted, add flour all at once, and stir hard until mixture forms a ball away from sides of pan. Remove from heat. Add unbeaten eggs, one at a time, beating after each addition. Beat until dough is stiff. Drop by teaspoonfuls on greased cooky sheets. Bake in hot oven, 450°F. 10 minutes. Reduce heat to 350°F. and continue baking 10 minutes longer. Makes 60 shells.

SAUTEED SCALLOPS WITH SCALLIONS

1 pint scallops
½ teaspoon salt
¼ teaspoon pepper
½ cup bread crumbs
¼ teaspoon paprika
6 tablespoons butter or margarine
⅓ cup chopped scallions or onion

Rinse and drain scallops. Sprinkle with salt and pepper. Roll in bread crumbs mixed with paprika. Melt butter in small frying pan. Add scallions and scallops. Saute until golden brown. Serves 4.

BROILED SCALLOPS

Wash and drain 1 quart scallops. Dip in fine bread crumbs, beaten egg, and crumbs again. Arrange on oven-proof plates. Pour melted butter liberally over the scallops. Arrange a strip of bacon across the plate. Place under broiler flame for 5 to 10 minutes, until bacon is crisp and the scallops tender. Serve on same plates with this zippy mustard sauce.

Mix 2 tablespoons dry mustard with a few drops of Worcestershire sauce and 2 tablespoons water. Add ½ cup melted butter. Serves 6.

OR:

1 pound scallops
¼ cup French dressing
seasoned bread or cracker crumbs

Dip scallops into the French dressing and roll in crumbs. Place on greased baking sheet in a preheated over (550°F.) and broil for about 10 minutes on each side or until brown.

Serves 4.

BARBECUED SCALLOPS

2 pints scallops or 2 pounds frozen
¼ cup butter or margarine, melted
3 tablespoons lime juice
½ cup tomato catsup
1 tablespoon dehydrated onion flakes
¼ cup brown sugar
2 teaspoons prepared mustard
½ teaspoon salt
⅛ teaspoon pepper

Cut scallops if large. Thaw if frozen. Wash and remove any shell particles. Place scallops in a shallow baking pan. Combine remaining ingredients for barbecue sauce. Pour over scallops and broil about 3 inches from heat for about 15 minutes or until brown. Stir and baste with sauce several times during cooking. Serves 6.

Salad

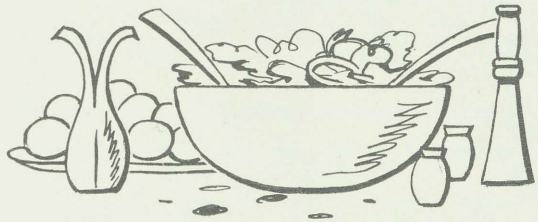
SCALLOP SALAD

1 quart boiling water
1 pound scallops (1 pint)
1 teaspoon salt
1½ cups chopped celery
½ cup diced sweet pickles
1 small onion
½ clove garlic, chopped
Salt to taste
¼ cup mayonnaise

Boil scallops in salted water for ten minutes. Drain and chill.

Dice scallops and let stand in ½ cup French dressing for one hour. Combine with other ingredients. Toss with mayonnaise. Serve on lettuce with crisp crackers.

Serves 6.





Shrimp

Shrimp are graded according to the number to the pound as follows:

GRADE	NUMBER
Jumbo	Under 25
Large	25 - 30
Medium	30 - 42
Small	42 and over

BOILED SHRIMP BEFORE PEELING

1½ pounds shrimp
1 quart water
1 lemon, sliced
¼ cup salt

Wash shrimp. Add salt and sliced lemon to water and bring to boil. Add shrimp and cover. When water boils again reduce heat and simmer 4-5 minutes. Drain and cool shrimp quickly. To clean shrimp, hold tail end in right hand, slip thumb under shell between feelers; lift off 2 or 3 segments in one motion. Then still holding firmly to tail, pull out shrimp from remaining section. Cut along the back and wash out black sand vein. Chill. Serves 4.

TO BOIL AFTER PEELING

Place shelled de-veined shrimp in enough boiling, salted water (lemon and spices added if desired) to cover. When water comes to a boil again, cover utensil, remove from heat and let stand 5 minutes. Drain and chill. 1½ pounds raw shrimp yields ¾ pound when cooked and shelled. Serves 4.

APALACHICOLA SHRIMP COCKTAIL

2 pounds boiled shrimp
½ cup olive oil
¼ cup paprika (that's right)
1 tablespoon wet-pack horseradish
1 tablespoon prepared mustard
¼ cup tarragon vinegar
1 teaspoon celery seed
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon onion salt
dash hot pepper sauce

Chill shrimp and place in cocktail cups around cracked ice. Combine other ingredients and serve in small container in middle of shrimp. Serves 6.

STEAMED SHRIMP

Wash 2 pounds raw shrimp thoroughly several times.

Lift out of rinse water into heavy saucepan with tight-fitting lid. Add no more water than clings to shells. Place over heat with lid on and steam for 3 minutes.

Remove from pan and serve in shells with cocktail or lemon butter sauce. Serves 4.

SPICES FOR 1½ POUNDS SHRIMP

8 to 12 whole allspice
1 bay leaf
1 onion, sliced
2 tablespoons salt

OR: Use a commercial shrimp boil (spices).

SHRIMP COCKTAIL

¾ pound cooked, peeled and deveined shrimp
cocktail sauce—page 56-57
lettuce
lemon wedges

Arrange lettuce in cocktail glasses.

Place shrimp on lettuce and spoon cocktail sauce over it. Garnish with lemon wedges. Serves 6.

SHRIMP PARMESAN

1½ pounds raw shrimp
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
1 egg
2 tablespoons lemon juice
½ cup cracker meal or bread crumbs
½ cup grated Parmesan cheese

Lightly coat shrimp that have been shucked and de-veined, with flour, salt and pepper. Dip into egg, beaten with lemon juice, then in mixture of cracker crumbs and grated Parmesan cheese. Fry in one inch cooking oil in skillet for 3 to 5 minutes. Drain and serve on platter garnished with mixed salad greens. Serves 4.

BUTTERFLY STYLE: For a butterfly style or fantail shrimp, shuck, leaving last section and tail on. Cut down back of shrimp almost, but not completely through. Remove sand vein. Spread shrimp open to lie flat. Fry as above.

MARINATED SHRIMP: Crush 2 cloves garlic, blend with ½ cup lime or lemon juice. Pour over shrimp. Marinate over night or several hours. Remove and fry as above.

QUICK BROILED SHRIMP

1½ pounds green shrimp (large)
¼ cup butter or margarine
1 clove garlic, crushed
sliced lemon

Shell shrimp. Remove sand vein. Heat butter with garlic. Dip shrimp in butter mixture. Broil 3 minutes on each side.

OR: Dip shrimp into 2 tablespoons lemon juice mixed with ½ teaspoon seasoned salt, ⅛ teaspoon pepper. Fold half slice of bacon around each shrimp; fasten with short toothpick. Broil as above for 5 minutes, on each side or until bacon is crisp and shrimp tender. One pound of shrimp makes 20 or more appetizers or 3 main dishes.

SHRIMPS IN SHERRY

¾ pound cooked shrimp
½ cup melted butter
¼ cup parsley
¼ teaspoon paprika
2 tablespoons garlic juice
¼ cup cooking sherry
1 cup bread crumbs

Cut large shrimp in half. Add seasonings to melted butter. Stir in sherry. Lightly mix in bread crumbs. Place shrimp in small individual baking dishes. Form a crust over each with buttered crumbs. Bake 25 minutes at 325° F. Serve with this a tossed green salad, potatoes, and asparagus. Serves 4.

SHRIMP GUMBO

1 pound raw medium size shrimp
3 tablespoons melted fat
2 cups sliced okra
½ cup chopped green onions and tops
2 cloves garlic, minced
1½ teaspoons salt
½ teaspoon pepper
2 cups hot water
1 cup canned tomatoes
2 whole bay leaves
½ teaspoon pepper sauce
1½ cups cooked rice

Peel and de-vein shrimp. Place fat in large frying pan. When melted add okra and sauté 10 minutes or until somewhat dry.

Stirring constantly, add onion, garlic, salt, pepper and shrimp. Cook 5 minutes. Add water, tomatoes, bay leaves, and pepper sauce.

Cover and simmer 20 minutes. Serves 6.

Serve with rice, or with croutons made by cutting bread into cubes and toasting in a slow oven until brown on all sides, or fry bread cubes in ⅛ inch of fat until brown. Drain on absorbent paper.

BARBECUED SHRIMP

2 pounds fresh jumbo raw shrimp
¼ cup salad oil
⅓ cup green onions, chopped
1 cup chili sauce
⅓ cup lime juice
2 tablespoons brown sugar
2 teaspoons prepared mustard
2 tablespoons Worcestershire sauce
½ teaspoon salt

Shell and de-vein shrimp. Set aside. In saucepan heat salad oil, add minced onions and sauté until tender but not brown. Add other ingredients except shrimp and simmer, covered 10 minutes.

While the sauce is cooking, line broiler pan with foil and arrange shrimp on it. Pour sauce over shrimp and place in oven broiler about 3" from heat. Broil 5-8 minutes, according to size of shrimp. Remove shrimp to platter and pour sauce in separate bowl. Serves 6.

DE LUXE CRAB STUFFED SHRIMP

12 to 15 jumbo shrimp
½ pound white crabmeat
1 teaspoon salt
2 tablespoons lime juice
½ teaspoon paprika
¼ cup butter
¼ cup cracker crumbs (finely crushed saltines)
¼ cup grated Parmesan cheese

Cut shrimp through shell with scissors and remove sand vein. Hold shrimp open by inserting a toothpick under the meat and over the shell at both ends. Flake crabmeat; sprinkle with salt and lime juice and spoon into cut shrimp.

Melt butter and add paprika, cooking over very low heat for a few minutes. Combine with cracker crumbs and cheese.

Cover shrimp with this and place in shallow baking dish with ¼ cup water in bottom so they won't dry out. Bake 20 minutes in moderate oven, 350° F.

SEAFOOD TARTS

2 cups pastry mix
6 hard-cooked eggs
1 cup flaked cooked fish
1 cup chopped cooked shrimp
½ cup chopped onion
2 tablespoons butter
1 cup (3 ounce can) mushrooms
1 can (10½ ounce) condensed cream of mushroom soup
2 tablespoons grated Parmesan cheese
1½ teaspoons lemon juice
½ teaspoon chopped parsley
⅛ teaspoon celery seed
1 teaspoon salt
⅛ teaspoon white pepper

Line 6 tart shell pans with crust made from prepared mix rolled thin and cut into 6" circles.

Peel and slice eggs. Mix with fish and shrimp. In melted butter sauté onion until tender. Add sliced drained mushrooms and sauté until lightly browned. Add can of mushroom soup and stir until heated and smooth. Remove from heat. Add cheese, lemon juice, parsley, celery seed, salt and pepper. Spoon egg and seafood into tart shells. Pour sauce over. Arrange top crust, cutting steam slits and crimping edges lightly. Bake in moderate oven 20-25 minutes; or until crust is browned and filling bubbly. Garnish with small cucumber pickles and tomato quarters. Serves 6.

SHRIMP BISQUE

2 cans frozen shrimp soup
1 can tomato soup
3 cups milk
⅓ cup sherry (optional)
whipped cream for seasoning
onion salt
pepper
chopped parsley

Combine soups with milk in saucepan. Heat, beating until smooth. Add sherry. Serve topped with whipped cream seasoned with onion salt and pepper. Sprinkle with chopped parsley. Serves 6.

SHRIMP PIE

¾ pound cooked shrimp
1 chicken bouillon cube
1 cup boiling water
1 can (10½ oz.) condensed cream of mushroom soup
3 tablespoons chopped onion
¼ cup chopped green pepper
½ cup chopped celery
¼ cup butter or other fat, melted
⅓ cup flour
¾ teaspoon salt
2 cups pastry mix
1 tablespoon milk

Cut shrimp in half. Dissolve bouillon cube in boiling water. Add soup, stirring until smooth. Cook onion, green pepper, and celery in butter until tender. Blend in flour and salt. Add bouillon-soup mixture, gradually, and cook until thick, stirring constantly. Add shrimp; heat. Prepare pastry mix as directed. Roll a little more than half of dough very thin and cut into six circles, 5" each. Line six individual 4" pie pans with pastry. Fill with shrimp mixture. Roll remaining dough. Cut into six inch circles 4" each. Moisten edges of lower crusts. Place top crusts over shrimp mixture. Seal edges and prick tops. Brush with milk. Bake in a very hot oven, 450° F. for 20 minutes or until brown. Serves 6.

SAUTEED SHRIMP PRONTO

1-½ pounds raw shrimp
¼ cup butter or salad oil
1 (3 oz.) can mushrooms
1 green pepper, chopped
½ cup celery, chopped
½ teaspoon salt
¼ teaspoon pepper
dash tabasco

Shell and de-vein shrimp. Melt butter or oil in frying pan. When hot add mushrooms, pepper, celery and seasonings except tabasco.

Add shrimp and cook, stirring until shrimp turns pink and are tender. Add tabasco.

Garnish with parsley sprigs. Serves 6.



SHRIMP CURRY WITH SAUTEED BANANAS

1½ pounds shrimp
1 cup coconut liquid*
¼ cup butter or margarine
½ cup onion, chopped
¼ cup flour
1 cup milk
½ tablespoon curry powder
¾ teaspoon salt
½ teaspoon ground ginger (whole ginger soaked night before and chopped is good)
1 tablespoon lemon juice
rice
curry condiments
sauteed bananas

Shell and de-vein shrimp.

*Put a can of moist coconut through food chopper and simmer in 1½ cups water for 15 minutes. Strain and reserve liquid for sauce. Put coconut in refrigerator for use in dessert later.

Melt butter in skillet. Add onions and cook until light brown. Mix flour in until smooth. Add coconut liquid and milk blended with curry powder. Cook, stirring constantly until thickened. Add raw shrimp, salt and ginger. Simmer 20 minutes. Before serving stir in lemon juice. Serve with border of rice and curry condiments. Garnish with sautéed bananas.

Here's how: Peel and cut three firm bananas in half, lengthwise. Then half crosswise. Sauté slowly in two tablespoons butter. Turn to brown. Remove and sprinkle lightly with salt. Serve hot with the curry. Condiments are chutney, chopped green onions, chopped salted peanuts, pickle relish, steamed raisins, chopped hard-cooked eggs. Serves 6.

OR: Heat 1 can frozen condensed shrimp soup with 1 cup dairy sour cream. Stir in 1 tablespoon dehydrated onion flakes and ½ teaspoon curry powder. Add 1 cup cleaned, cooked or canned shrimp. Heat and sprinkle with paprika and parsley flakes. Serve over hot rice, as above.

QUICK SHRIMP CURRY

¾ pound cooked shrimp
2 cans (10½ oz. each) condensed cream of chicken soup
½ cup apple sauce
½ cup grated onion
1½ teaspoons curry powder
⅛ teaspoon pepper
½ teaspoon salt
3 cups cooked rice

Cut large shrimp in half. Combine soup with applesauce, onion, curry powder, pepper and salt. Heat thoroughly. Add shrimp. When hot again remove from heat. Serve on rice with any combination of the following curry condiments: chopped salted peanuts; chutney; chopped green onions and tops; chopped tomatoes; freshly grated coconut.

Serves 6.

Small shrimp may be used in casserole dishes. Don't forget the convenient frozen products.

BROCCOLI-SHRIMP CRISP

1 cup cooked shrimp
1 package frozen broccoli spears
1 can cream of mushroom soup
¼ cup milk or water
½ cup grated American cheese
1 cup toasted bread crumbs
2 tablespoons melted butter
2 hard cooked eggs, sliced

Peel, de-vein and cut shrimp in half. Cook broccoli just until tender, according to instructions on package.

Heat soup in saucepan with water; stir until smooth. Stir in shrimp. Arrange layers of broccoli, soup mixture and grated cheese in casserole. Sprinkle with crumbs and spoon melted butter over top. Bake in moderate oven (350° F.) for 20 minutes.

Just before serving slice hard cooked eggs and arrange over top of casserole. Serves 4-5.

With this delicious oven-dinner-in-a-dish serve a crisp green salad, pocket rolls and peach shortcake.



SHRIMP CASSEROLE

¾ pound cooked shrimp
4 hard-boiled eggs
2 teaspoons evaporated milk
½ teaspoon salt
2 teaspoons wine vinegar
dash of Tabasco
1 teaspoon grated onion
4 oz. can sliced mushrooms
2 tablespoons butter for mushrooms
3 tablespoons flour
2 tablespoons butter for sauce
2 cups evaporated milk
½ teaspoon salt
¼ pound grated cheese

Slice eggs lengthwise. Crush yolks to a fine paste with 2 teaspoons milk, salt, vinegar, Tabasco sauce, pepper, and onion. Stuff into white halves. Drain mushrooms, save liquid. Mix two tablespoons butter in saucepan and sauté mushrooms. Remove from pan and set aside. To melted butter add remaining two tablespoons butter and blend in flour, 2 cups evaporated milk, liquid from mushrooms, and salt. Cook until thickened and add grated cheese, stirring until smooth.

Arrange deviled egg halves in a casserole and tuck shrimp and mushrooms around them. Cover with cheese sauce. Bake in 375° F. oven for 15 minutes. Serves 6.

LUNCHEON SHRIMP DISH

¾ pound cooked shrimp
3 tablespoons butter or margarine
1 onion, minced
¼ cup pimento, minced
1 green pepper, minced
1 teaspoon garlic juice
1 cup rice
½ cup mushrooms
1 teaspoon salt
1 bay leaf
2 cups water

Cut shrimp, if large. Melt butter or margarine in pan on medium heat. Add onion, pimento, green pepper, garlic juice and rice. Add shrimp and mushrooms, salt, bay leaf and water. Cover. When it comes to a boil, lower heat and simmer 30 minutes. Serves 6.

POTATO PANCAKES WITH SHRIMP SAUCE

2 cups mashed potatoes
1 egg, beaten
salt and pepper

Beat egg into potatoes until smooth. Add salt and pepper. Drop by spoonsful into hot fat and brown on both sides. Keep warm in oven until shrimp sauce is prepared.

2 tablespoons butter
4 tablespoons flour
1 cup hot water
2 tablespoons lemon juice
salt and cayenne pepper to taste
1 cup chopped shrimp

Blend butter and flour together. Add water slowly. Cook until thickened. Add lemon juice, seasoning, and shrimp. Serve over potato pancakes. Serves 6.

QUICK SHRIMP CREOLE

1 pound cooked shrimp
2 cups canned stewed tomatoes
1 tablespoon onion juice
⅛ teaspoon pepper
1 teaspoon salt
1 teaspoon chili powder
3 tablespoons flour
¼ cup water
2 cups cooked rice

Cut large shrimp in half. Combine in heavy saucepan all ingredients except shrimp, flour, water and rice. Simmer 5 minutes. Mix flour and water thoroughly. Add to tomato mixture, stirring until smooth and thickened. Add shrimp and simmer until heated, then remove from heat. Serve with the cooked rice. Serves 6.

SHRIMP-TOMATO SAUTÉ

Heat 2 tablespoons oil in skillet. Add 1½ pound raw, shelled, deveined shrimp. Add ½ teaspoon garlic salt; ¼ teaspoon pepper and dash red pepper. Cook until shrimp turn pink. Add ⅓ cup white wine. Cover and cook 2 minutes. Add a large chopped tomato, toss for one minute more.

PEPPERS WITH SHRIMP

2 cups cooked shrimp
4 green peppers
1 tablespoon butter
¼ teaspoon chopped onion
½ cup chopped mushrooms
2 tablespoons stewed tomatoes (save out when using for other meals)
1 teaspoon salt
bread crumbs
butter

Slice off stem ends of peppers and chop this to use in recipe. Wash and remove seeds from other part of peppers. Parboil until just tender.

Melt butter in frying pan, sauté onion and chopped pepper. Add mushrooms and cook until tender.

Add tomato, salt and shrimp. Heat, then fill peppers, topping with crumbs and dotting with butter.

Bake in moderate oven (350° F.) 20-25 minutes or until peppers are tender and crumbs brown.

Serves 4.

TOMATO ASPIC WITH FLORIDA SHRIMP

¾ pound cooked shrimp
1⅔ cups strained tomato juice
1 package lemon dessert gelatine
⅛ teaspoon ground cloves
¼ teaspoon paprika
⅛ teaspoon pepper
1 teaspoon salt
¾ teaspoon onion juice
¼ cup vinegar
2 cups cottage cheese

Heat tomato juice to boiling point. Pour over gelatine, and stir until entirely dissolved. Add seasonings and vinegar. Shrimp is added when aspic has congealed slightly and then pour into oiled mold. When ready to serve turn aspic out of mold and fill ring with cottage cheese and chopped chives (optional). Decorate with salad greens, rosettes of boiled shrimp, and mayonnaise. Serves 6.

SHRIMP REMOULADE

Shrimp salads are perfect for hot summer days. Try this shrimp Remoulade — I think you'll like it!

2 pounds cooked, shelled and de-veined shrimp. Marinate overnight or longer in this sauce:

COMBINE:

1 cup olive oil
¼ cup tarragon vinegar
¼ cup prepared mustard
1½ teaspoons salt
¼ teaspoon pepper
1 teaspoon paprika
1 teaspoon pepper sauce

Mix well: then add —

1 cup chopped celery
1 tablespoon chopped green pepper
2 tablespoons chopped green onion
2 tablespoons finely chopped parsley
2 hard-cooked eggs, chopped

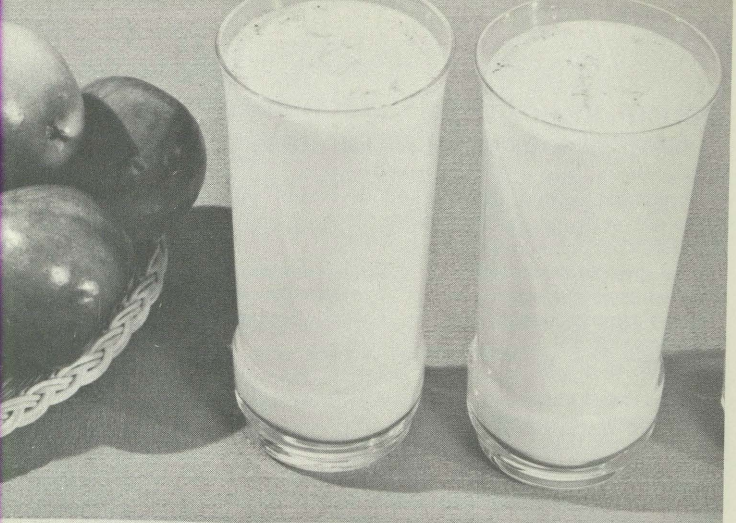
Add shrimp and place in refrigerator until ready to serve. Stir after first 3 hours and again before serving. Drain and place on salad greens with marinade in a small bowl as extra sauce.

SHRIMP RAREBIT

¾ pound cooked shrimp
2 tablespoons melted fat
2 tablespoons chopped green pepper
3 tablespoons flour
¼ teaspoon dry mustard
¾ teaspoon salt
dash pepper
1 cup tomato juice
1 cup grated American cheese
¼ cup milk

Cut large shrimp in half. In melted fat, sauté green pepper for five minutes. Blend in flour, mustard, salt and pepper. Add tomato juice, stirring constantly until thickened. Add cheese and milk, stirring constantly. Fold in shrimp; heat thoroughly. Serve on warmed Melba toast or toasted buns.

Serves 4.





PICKLED SHRIMP

Peel and wash five (5) pounds green shrimp, remove black sand vein if you wish.

Make a brine of:

- 1 gallon water
- ½ cup salt
- 1 pint distilled vinegar
- 1 tablespoon red peppers
- 1 tablespoon white pepper
- ½ tablespoon allspice
- ½ tablespoon mustard seed
- 6 bay leaves

Simmer slowly for ½ hour, then bring to boiling point and add shrimp. Allow five (5) minutes from time brine begins to boil after shrimp are added, then remove and allow to cool. Pack in steralized jars with fresh spices and a slice of lemon in each jar. Fill the jars with a solution made in proportion of two (2) pints water, one (1) pint of 6-percent acid white distilled vinegar and one tablespoon sugar. Seal jars tightly. Keep in cool, dark place.

SHRIMP AND SPAGHETTI

Cook ½ pound spaghetti according to directions on package. Serve with shrimp and sauce as follows:

- 3 tablespoons butter or margarine
- ½ cup chopped onion
- ½ cup chopped celery
- 1 clove garlic, minced
- ⅔ cup sliced mushrooms
- 1 cup water
- 2 (8 oz.) cans tomato sauce
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 cup fresh or frozen cooked shrimp
- Grated Parmesan cheese

Melt butter or margarine and sauté onion, celery, garlic and mushrooms until tender. Add water, tomato sauce, seasonings and shrimp. Simmer for 25 minutes. Pour over cooked spaghetti and sprinkle with Parmesan cheese.

Serves 6.

SHRIMP–FLORIDA STYLE

1 large pineapple
2 cups cooked shrimp
1 large orange
1 grapefruit
1 avocado
1 tablespoon lime juice

Chill shrimp. Cut pineapple in half lengthwise and remove core and meat. Peel and section orange and grapefruit (canned sections may be used). Peel and dice avocado; sprinkle with lime juice. Fill shells with pineapple, orange, grapefruit and avocado slices. Arrange chilled shrimp on top.

Serves 6.

Serve with honey dressing:

2 tablespoons lemon juice
2 tablespoons dry white wine
1 teaspoon honey
½ teaspoon salt
½ teaspoon paprika
½ cup olive or salad oil

Combine all ingredients and shake well. Chill.

SHRIMP AND FRESH CORN

1 cup cooked small shrimp
2 cups fresh corn
2 eggs
½ cup light cream
2 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
dash mace

Save cup of shrimp out when boiling for other dishes – or boil one pound shrimp, shel land de-vein. Cut in halves, crosswise.

Cut 2 cups corn from cob. Beat eggs slightly, add all other ingredients with shrimp and corn. Bake in greased shallow baking dish at 350° F. for 30 minutes. Serves 4.

Good with this dish – Asparagus and onion salad; buttered green peas; hot rolls and pecan pie.

SHRIMP ON RYE

¾ pound cooked shrimp
2 tablespoons butter, margarine or other fat
2 tablespoons flour
½ teaspoon salt
¼ teaspoon onion juice
1¼ cups milk
¼ pound grated sharp cheddar cheese
toasted slices rye bread

Cut large shrimp in half. Melt fat in skillet and stir in flour, salt and onion juice. Gradually add milk, stirring until smooth and thickened. Add cheese and stir until melted, then pour in shrimp. Cook three minutes longer. Spoon over toasted rye bread slices. Serves 4.

SHRIMP THERMIDOR

¾ pound cooked shrimp
2 tablespoons butter
½ cup sliced mushrooms
2 cans condensed cream of mushroom soup
1 teaspoon salt
dash cayenne pepper
½ teaspoon dry mustard
grated Parmesan cheese
paprika

Cut large shrimp in half. Cook mushrooms in butter for five minutes. Blend in soup and seasonings. Heat thoroughly. Stir in shrimp. Place in six well-greased, individual shells or 6-ounce custard cups. Sprinkle with cheese and paprika. Bake in a hot oven 400° F. for 10 minutes or until cheese browns.

SHRIMP BAKED IN CREAM

¾ pound cooked shrimp
1½ tablespoons butter, melted
1 cup cream
½ teaspoon salt
¼ teaspoon paprika

Divide shelled, deveined shrimp into 6 custard cups. Mix other ingredients. Pour over shrimp. Bake at 450° for 20 minutes.

Salads

SHRIMP-AVOCADO-CITRUS SALAD MOLD

1 package lemon flavored gelatin
1½ cups hot water (almost boiling)
½ cup orange juice
1 teaspoon salt
⅛ teaspoon ground ginger
¼ teaspoon paprika
⅛ teaspoon pepper
1 medium avocado, peeled and cubed
1 cup cooked, shelled and deveined shrimp

Pour hot water over gelatine and stir until dissolved. Add orange juice, salt, ginger, paprika and pepper. Chill until slightly congealed. Add chopped avocado and shrimp (If large, cut in half). Save several shrimp for garnish. Pour into fish-shaped or round mold. When congealed turn out of mold on bed of watercress or lettuce, garnished with shrimp and orange sections. Serve with sour cream dressing made by blending ½ cup sour cream with ½ package (3 ounce size) cream cheese. Add 2 tablespoons curry powder and several drops of red pepper sauce or Tabasco. Mix until smooth. Makes 1 cup of dressing.

To unmold salad, loosen edges with small knife or spatula. Dip mold quickly almost to rim in hot water. Shake mold to loosen. Turn plate over mold. Then turn upside down and lift off mold carefully. If it is stubborn place cloth wrung out in hot water over upturned mold for a few seconds.

This is a beautiful salad to serve during the holidays.

SHRIMP SALAD

¾ pound cooked shrimp
¼ cup French dressing
½ cup mayonnaise
1 cup chopped celery
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground mustard

While shrimp are still warm pour over them the French dressing and set aside to cool. Then mix with mayonnaise, celery, salt and pepper and ground mustard.

Serves 4.

Crabs

BLUE CRABS:

Blue crabs are taken all along the South Atlantic and Gulf Coasts. Florida produces about six (6) million pounds annually. Crabs prefer bays, sounds and the mouths of rivers, where they live in waters ranging from true ocean saltiness to brackish or even fresh.

Many people have the mistaken idea that the so-called soft shell crab is a distinct species. It isn't. It is the blue crab which has shed its old shell, before the new one is hardened.

BLUE CRAB PREPARATION:

BOILING: Drop live crab in vigorously boiling salted water. If cooking several, let water come to a boiling point after adding each. Have crab covered with water and simmer 25 minutes or until a bright orange color.

Wash and drain, and when cool enough to handle, pull off claws and legs, and crack the shells with nut cracker or hammer. This is the sweetest and darkest meat of the crab. Break off segment that folds under body in rear. Discard sponge. Slip fingers under top shell and pull body downward without breaking the top shell which is saved for baking. Remove digestive tract by running water over. Split center crease. Cut hard membranes along outer edge. Use a nut pick to remove the tender muscles in each cavity. Remove all shell pieces.

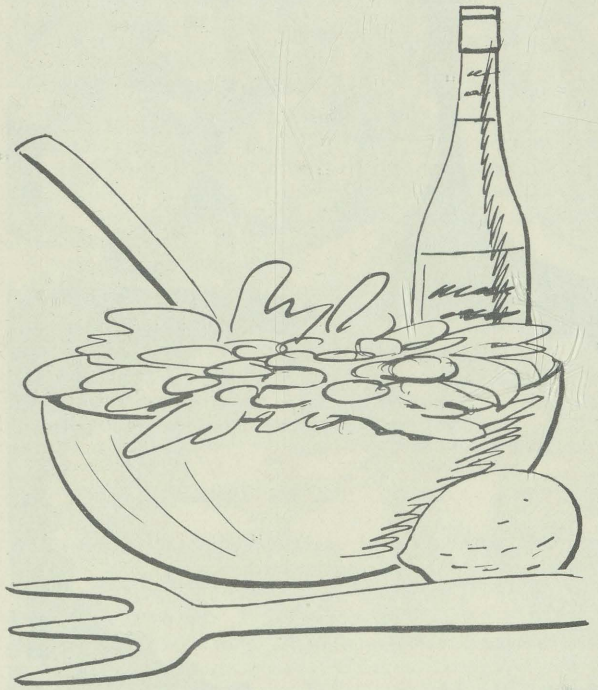
SOFT SHELL CRABS:

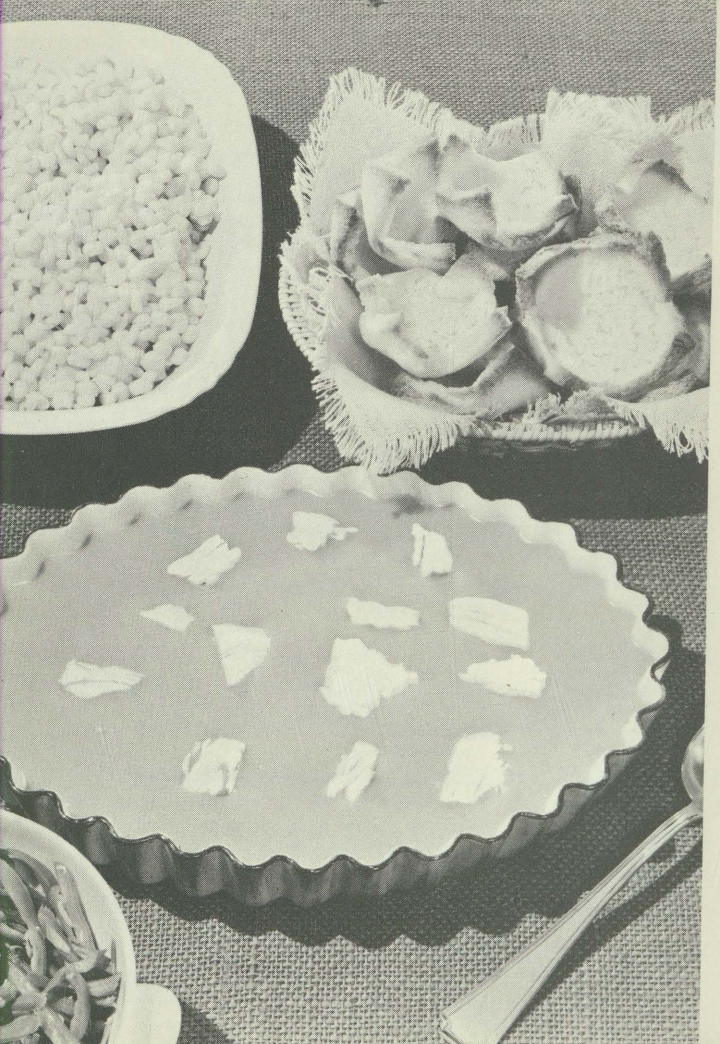
Stick a sharp knife into the body between the eyes. Wash thoroughly. Lift back the tapering points on each side of the back shell and remove the spongy substance (gills and sandbags) under them. Turn crab on back, and with a knife remove the small piece at the back of shell, which ends in a point (apron).

SOFT SHELLED CRAB DEEP FRIED

Wash crab in cold water. Place in salt solution of 2 tablespoons salt to 1 cup water for several minutes.

Heat deep fat to 360°F. Drain crabs and dip into beaten egg and roll in fine bread crumbs. Arrange in one layer in wire basket; lower into hot fat (not smoking). Fry until golden brown, turning over once. Drain on absorbent paper and serve with tartar sauce. The entire crab is edible. Good served on toasted bread as a sandwich.





STONE CRABS:

Stone crabs are taken near the rocks on nearby beaches and bays. Of these you are allowed to take only one of the giant claws from the male crab, leaving one and releasing the crab to grow another. Unlawful to take female stone crab. Boil the claws not over 20 minutes in salted water. Serve with melted butter and a wedge of lemon or lime if you like. Also have handy, nut crackers and picks. Or, you may remove the delicious morsels before serving and use for deviled crabs and other dishes.

STONE CRAB CLAWS:

Prepare the same as the blue crab — either boil or steam.

CRABMEAT COCKTAIL:

¾ cup tomato catsup
2 tablespoons lemon juice
1 tablespoon grated horseradish
1 teaspoon celery seed
¼ teaspoon salt
3 drops tabasco sauce
1 cup flaked, cooked crab meat

Put necessary amount of flaked crab meat in cocktail glasses (2 to 3 tablespoons). Chill thoroughly. Serve sauce of remaining ingredients. This can also be used as a dip for shrimp, lobster and smoked fish.

DEVILED CRAB STICKS

2 packages crab sticks (frozen)
¼ cup soft margarine
½ teaspoon lime juice
¼ teaspoon powdered mustard
1½ teaspoons Worcestershire sauce
dash of hot pepper sauce
2 teaspoons grated onion
¼ cup chopped parsley

Place fish sticks close together in broiler pan. Combine other ingredients and spread over fish. Broil 8-10 minutes or until brown. Cut each stick in 3 pieces and serve on seafood platter. Pass bowl of Zippy dressing.

CRAB MEAT ROSY

2 cups cooked crab meat
5 tablespoons butter
5 tablespoons flour
1 cup milk
1 cup light cream (evaporated milk can be used)
1 teaspoon salt
5 tablespoons tomato paste
½ teaspoon garlic juice
5 drops Tabasco sauce
⅛ teaspoon each of curry powder and ginger
1 tablespoon brandy (optional)

Look over crab meat for any shell particles and connective tissue, which should be removed. Set aside.

In saucepan melt butter, remove from heat and add flour, mixing well. Place back on heat and stir in milk gradually; add cream. Cook and stir until thick. Add tomato paste and seasonings. Add crabmeat and heat again. Pour in brandy just before serving. Spoon around cooked rice on a large platter. Garnish with parsley.

Serves 6.

Crab meat Rosy is good with asparagus, onion, salad, pocket rolls and, for dessert, serve lime sherbet.

FLORIDA DEVILED CRABS

2 eggs, beaten
½ cup bouillon or light cream
2 tablespoons melted butter
1 teaspoon tabasco
1 tablespoon minced onion
1 teaspoon prepared mustard
½ teaspoon salt
¼ teaspoon pepper
2 cups chopped crab meat, cooked
1 cup bread or cracker crumbs

Combine eggs, bouillon, butter, and seasonings, and mix well. Stir in crabmeat and half the crumbs and mix well. Fill crab shells with this mixture, top with remaining crumbs and dot with butter.

Bake in moderate oven 350° F. until crumbs are lightly browned.

CRAB-ORANGE DE LUXE

1 pound deluxe crab meat
1 can condensed cream of mushroom soup
1 cup commercial sour cream
1 tablespoon grated onion
¼ teaspoon salt
¼ teaspoon grated nutmeg
5 tablespoons orange wine (optional)

Look over crabmeat for any shell particles. Set aside. In large saucepan heat soup; add sour cream, onion, salt and nutmeg. When thoroughly heated, add crab meat, reduce heat and simmer 5 minutes. Remove from heat and stir in 5 tablespoons orange wine (optional). Serve on bed of chowmein noodles.

Serves 6.

Garnish with minced parsley and orange sections.

DEVILED CRAB DELUXE

1 pound cooked crab meat
1½ cups cracker crumbs
¾ cup chopped celery
¾ cup chopped onions
¼ cup chopped parsley
1 tablespoon chopped green pepper
1 teaspoon dry mustard
½ teaspoon salt
dash cayenne
⅔ cup butter or margarine
¼ cup heavy cream

Remove any shell or cartilage from crabmeat. Roll or crush crackers and measure correct amount. Chop vegetables, and measure. Butter individual shell dishes or 1½ quart casserole. Preheat oven at 350° F. or moderate.

Mix together thoroughly, crabmeat, crumbs, chopped vegetables, seasonings, melted butter or margarine, and cream. Place in shells or casserole, dotting top with additional butter. Bake casserole 30-40 minutes. Individual shells 20 minutes.

Serves 6.

CRAB COQUILLE

½ pound cooked crab meat
2 hard-cooked eggs, chopped
1¾ cup soft bread crumbs
1 tablespoon grated onion
1 tablespoon chopped celery
1 tablespoon green pepper, chopped
1 teaspoon lime juice
½ teaspoon prepared mustard
¼ teaspoon salt
1 can condensed cream of chicken soup
¼ cup water
¼ cup grated Parmesan cheese

Mix crabmeat with hard-cooked chopped eggs and 1 cup bread crumbs. (Reserve rest of crumbs for topping). Add onion, celery, pepper, lime juice, mustard, and salt. Combine with soup and water to make a moist mixture. Mix lightly. Pile in 4-6 scallop shells or very shallow baking dish. Top with crumbs and ¼ cup grated Parmesan cheese. Bake in hot oven 400° F. 15-20 minutes, or until brown.

Serves 4-6.

CRAB PECAN SOUFFLE

1 pound cooked crab meat
1 can condensed cream of celery soup
¼ can water
3 egg yolks, beaten
½ teaspoon powdered mustard
2 teaspoons onion juice (or grated onion)
1 teaspoon lime juice
2 tablespoons chopped parsley
3 egg whites, beaten

Remove any shell or cartilage from crab meat. Heat soup and water in saucepan, stirring constantly. Stir a small amount of hot soup into egg yolk. Add to remaining soup. Add mustard, onion, lime juice, parsley and crab meat. Fold in beaten egg whites. Pour into greased 1½ quart casserole. Place casserole in a pan of hot water. Bake at 350° F. for one hour or until souffle is firm in center. Serve at once. Garnish with toasted pecans. Serves 6.

CRAB IMPERIAL

1 pound white cooked crab meat
1 egg, well beaten
½ cup mayonnaise
2 tablespoons melted butter
2 tablespoons evaporated milk
2 tablespoons capers
salt and pepper to taste
½ cup grated Parmesan cheese

Pick over the crabmeat, but leave it in lumps. Lightly mix it with the other ingredients, except cheese. Place in a buttered casserole and sprinkle with grated cheese.

Bake in a moderate oven, 350° F., for 25 minutes.

Serves 6.

CRAB A LA KING

1 pound cooked crab meat
1 cup celery, cut fine
½ bell pepper, cut fine
2 hard-boiled eggs, chopped
1 tablespoon Worcestershire sauce
1 tablespoon melted butter
1 pint heavy cream
3 tablespoons sherry wine
salt and pepper to taste

Simmer celery and green pepper in a double boiler with a little water until tender. Drain, add cream, crabmeat, eggs and other ingredients. Simmer only until heated through. Add wine just before serving. Serve on toast. Serves 6.

CRAB MORNAY

1 pound cooked crab meat
½ cup butter or margarine
3 tablespoons flour
1 teaspoon salt
2 cups milk
½ teaspoon white pepper
½ pound grated cheese

Make a thick cream sauce of butter, milk, flour, salt and white pepper. Into a greased baking dish put a layer of crabmeat, a layer of cheese and some of the cream sauce. Continue until all ingredients are used. Bake at 350° F. for 25-30 minutes. Serves 6.

GOLDEN CRAB BALLS

1 cup cream of celery soup
1 egg, slightly beaten
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon grated onion
1½ teaspoon Worcestershire sauce
½ teaspoon red pepper sauce
1 cup cooked crabmeat, flaked
½ cup dry bread crumbs

Heat soup in saucepan. Remove from heat and slowly pour into beaten egg. Return to heat and add other ingredients, except bread crumbs. Shape mixture into small balls. Roll in bread crumbs and fry in a basket in deep fat, 375° F., until golden brown. Serve on toothpicks stuck in a head of cooked cauliflower, with pickled onions, and stuffed olives.

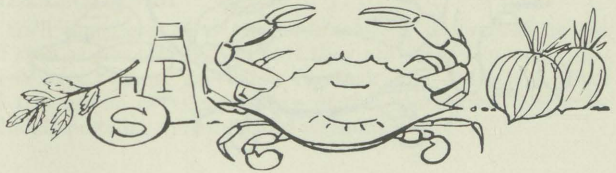
Makes about 48 balls.

QUICK CRAB MEAT CASSEROLE

1 cup cooked crab meat
2 cans condensed cream of celery soup
½ pound grated American cheese
1 (4 ounce) can mushrooms, sliced
3 drops pepper sauce or Tabasco
buttered cracker crumbs

Remove any shell or spines from crab meat. Heat soup and cheese, stirring constantly to keep from sticking to pan. Add mushrooms and crab meat. Remove from heat and stir in pepper sauce. Pour into casserole. Cover with buttered crumbs. Bake at 350° F. about 20 minutes or until browned.

Serves 6.



CRABMEAT-MOUSSE

2 cups (1 pound) deluxe crab meat
1 tablespoon unflavored gelatine
¼ cup cold water
¼ cup lime juice
1 teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon pepper
¼ cup chopped stuffed olives
1 cup whipping cream

Mix gelatine in cold water. Place over hot water until completely dissolved. Stir into lime juice and add seasonings. Chill. Pick over crab meat for any shell or cartilage. Mix chopped olives with crabmeat and blend in when gelatine is partly set. Whip cream and fold into crab mixture. Pour into mold and chill until firm. Serve garnished with whole cranberry sauce around mousse, and hard-cooked halved eggs on watercress.

Serves 6.

SALADS

QUICK CRAB SALAD

2 cups cooked crab meat
2 tablespoons melted butter or margarine
1 teaspoon paprika
½ teaspoon dry mustard
⅛ teaspoon pepper
½ teaspoon salt
2 tablespoons tarragon vinegar

Add seasonings to melted butter. Pour over crabmeat and toss lightly.

Serve on salad greens to 6.

CRABMEAT & MIXED GREENS SALAD WITH CURRY DRESSING

Wash and cut in bite-size pieces mixed salad greens (may use package). Crisp in refrigerator until ready to serve. Then mix lightly with 2 cups cooked crab meat.

Toss with curry French dressing. Page 56.

Serves 6.



BAKED CRAB SALAD

2 cups flaked crab meat (cooked)
1-8 ounce can green peas
1 teaspon salt
¼ teaspoon pepper
⅔ cup mayonnaise
½ cup chopped blanched almonds
½ cup grated American cheese

Combine all ingredients except cheese. Place in six custard-size, greased baking dishes or shells. Sprinkle with cheese. Bake 20 minutes at 350° F. or moderate oven.

6 servings.

Good with baked crab salad: tomato juice, fresh or frozen spinach, cucumber-onion salad, baked potato, and fruited gelatine dessert with cookies.

DEEP SEA PINEAPPLE SALAD

3 cups chopped cooked shrimp, crab meat, or flaked fish
1 cup thinly sliced celery
½ teaspoon onion salt
1 minced, seeded, green pepper
1 #2 can pineapple chunks, drained
½ cup sour cream or ¼ cup mayonnaise, thinned with
2 tablespoons evaporated milk

Mix all ingredients. Chill. Serve in lettuce cups garnished with whole shrimp and pieces of pineapple.

Serves 6.



Florida Clams

FLORIDA CLAMS

In Florida we find the Disk Dosinia, Elegant Dosinia, Sun Ray or Giant Callista or Calico or Checkboard Clam, Spotted Clam, Cross-Barred Venus, Solid Surf Clam, Basket Clam, Channeled Labiosa, Green Razor Clam, Angel's Wing, Round Clam and the Coquina or Pompano Clams.

EDIBLE:–The Round Clam, Spotted Clam, Sun Ray, Green Razor, Solid Surf Clam, Angel's Wing, and the Coquina.

SOLID SURF CLAM:–This is the largest of clams. They develop to a length of 7 inches. These have strong feet which enable them to leap when trying to escape. They burrow in sand. This shell was used by the Indians as a hoe.

ROUND CLAM:–This is also known as Little Neck, Quahog or Hard Shelled Clam. This is the main edible clam of Florida. It is active and rarely burrows. The Indians used this to make wampum. From its use as money it derived its name, mercenaria. It reaches six inches in diameter in the south and weighs often as much as five pounds. The young are tender as the oyster but the adult is tough.

SHELL CLAMS:

Shell clams are good steamed, roasted, and served on the half shell as a cocktail. Shucked they are cooked in many different ways. Clams are eaten for their fine distinctive flavor and they are an excellent source of the "protective" nutrients, including proteins, minerals, and vitamins.

Clams may be bought in the shell, shucked, and canned. They are usually sold by the dozen or pound in the shell. They should be alive when bought. With hard clams, gaping shells that do not close when handled mean that the clams are dead and not usable. If fresh, shell clams are stored in the refrigerator at about 40° F. They will remain alive for several days.

SHUCKED CLAMS:

Shucked clams are available in some sections and are sold by the pint or quart. Shucked clams should be plump, in clear liquid, and free from shell particles. They come in metal cans or waxed cartons and should be refrigerated or surrounded by ice. When properly handled, they will stay edible for a week or 10 days. These are now quick frozen and available all year round. Frozen clams should be kept frozen until ready to use. Once thawed, they should not be refrozen.

CANNED CLAMS:

Hard, soft, razor, surf, and pismo clams are canned whole, or minced, or as a chowder, and are packed in various sizes of cans from 3½ ounces to 4 pounds. Clam juice, broth and nectar are also available canned or bottled.

HOW MUCH TO BUY:

The quantity of clams to buy depends on how the clams are to be served. To serve six persons, a safe rule is to buy three dozen shell clams, or one quart of shucked clams.

FLORIDA CLAM PREPARATION:

The hard shelled clam has a tough portion that is usually separated from the soft portion and ground or chopped.

CLEANING:

Scrub and wash in several waters. All clams are sandy and every attempt is made to remove as much as possible. (Cooked clam meat is often put under cold running water to remove the sand.)

Cover clams with cold water and sprinkle ¼ cup corn meal to each quart of clams. Leave 3 to 12 hours. This whitens and helps to clean the clams. Wash.

Cover the clams with water for five minutes. They will open slightly. Quickly pick up and insert knife between shells. Cut around the clam, twisting the knife slightly to pry open the shell. Cut both muscles free from the two halves of the shell. (If to be served on the half shell, remove only ½ of shell.) Cut out meat.

If clams have not been in cornmeal bath, open stomach, with scissors and scrape out contents.

DEVILED CLAMS

2 cups clams, minced
½ cup grated onion
¼ cup celery, finely chopped
¼ cup green pepper, finely chopped
1½ cups dry bread crumbs
1 cup cream
1 egg, beaten
2 tablespoons butter or margarine (melted)
2 teaspoons prepared mustard
dash mace
2 teaspoons salt
1 teaspoon pepper

Mix all ingredients well. Spoon mixture back into clam shells, or individual custard cups. Bake 20 minutes in moderate oven, 350° F.

Remove from oven and sprinkle well with grated Parmesan cheese. Place under broiler until cheese melts and is lightly browned.

Serves 6.

CLAMS IN TOAST CUPS

2 cups minced clams
¼ cup butter or other fat
¼ cup flour
½ teaspoon salt
¼ teaspoon nutmeg
2 cups clam liquor and milk
2 teaspoons lemon juice
1 egg yolk, beaten
12 toast cups

Drain clams and save liquid. Mince clams. Melt buter, blend in flour and seasonings.

Gradually add liquor and lemon juice; cook until thick and smooth; stirring constantly. Stir a little hot sauce into egg. Add to remaining sauce. Stir constantly. Add clams; heat. Serve in toast cups made by pressing slices of steamed bread in muffin tins and toasting under broiler.

Serves 6.

STEAMED CLAMS

6 pounds shell clams (steamers)
½ cup boiling water
butter or margarine

Wash clams thoroughly. Place in a steamer, add water and cover. Steam for 5 to 10 minutes or until clams open. Serve hot in shell with melted butter.

Serves 6.

CLAM COCKTAIL

4 or 5 clams in shell for each person
cocktail sauce

Open clams with knife. Arrange clams in deeper half of shells. Line a shallow bowl with crushed ice. Sink clams in ice around small glass of cocktail sauce. Garnish with lime wedges and parsley—serve as soon as chilled.

See page 56 for Cocktail Sauce.

CLAM CHOWDER

2 cups clams, minced (fresh or canned)
¼ cup chopped bacon
½ cup chopped onion
2 cups chopped celery
1 cup diced potatoes
1 teaspoon salt
¼ teaspoon thyme
2 cups milk

Drain clams; save liquid; chop. Fry bacon until brown. Remove and add onions and celery to fat and cook until tender. Add clam liquor, potatoes, seasonings and clams. Cook for 15 minutes or until potatoes are tender. Add milk; heat.

Garnish with chopped parsley.

Serves 6.



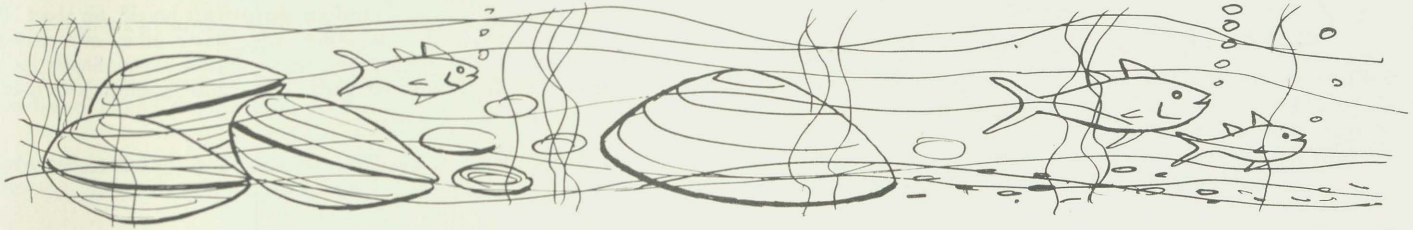
CLAM FRITTERS

1 pint clams
2 cups sifted flour
1½ teaspoons baking powder
1 teaspoon salt
⅛ teaspoon mace
2 eggs, beaten
1 cup milk
2 teaspoons grated onion
1 tablespoon melted butter or margarine

Drain clams and chop. Sift dry ingredients together. Combine eggs, milk, onion, butter and clams. Drop batter by teaspoons into hot fat, 350° F. until brown.

Drain on absorbent paper.

Serves 6.



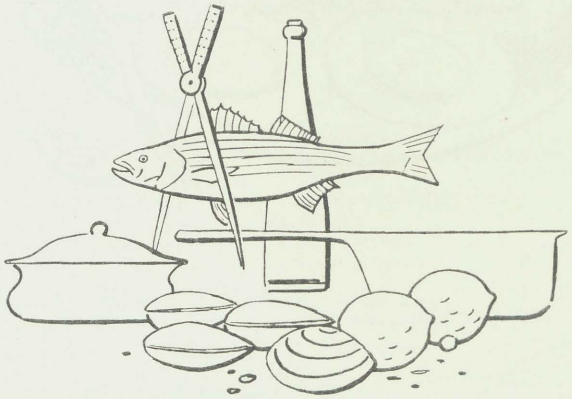
FRENCH FRIED CLAMS

1 pint clams
1 beaten egg
1 tablespoon milk
1 teaspoon salt
dash pepper
1 cup bread crumbs or cracker crumbs

Drain clams. Combine egg, milk and seasonings. Dip clams in egg mixture and roll in crumbs. Fry in about ⅛ inch of fat in heavy skillet. Have fat hot but not smoking. Fry at moderate heat. Cook on both sides about 5 minutes.

Drain on absorbent paper.

Serves 6.



Tips on Outdoor Seafood Cookery

Start fire 30 minutes ahead of cooking time so coals will be hot and not blazing. Let frozen fish thaw before cooking on a grill to shorten cooking time.

Outdoor fish fry; have your fire high with hickory chips. Place lard (not butter) in a heavy iron skillet. Roll fish fillets, steaks, or panfish in corn meal after sprinkling generously with salt, pepper, and lemon juice. Place fish in hot fat (not smoking) and fry on both sides until golden brown. Remove fish to hot serving platter, then fry hush puppies in same fat. Make them small.

For delicious hickory smoked fish, place a sheet of aluminum foil over outdoor grill and brush with melted fat to prevent fish sticking. Cook fillets or whole small fish at barbecue adjustment, if using an outdoor stove with hood*, for about 30 minutes. Turn and cook other side. Baste often with melted butter. Serve fish with garlic lemon-butter sauce. Simply melt butter, add finely minced garlic clove and lemon juice to taste. There'll be calls for more.

*If no hood is available use heavy duty foil to improvise a hood.

Fish has a tendency to tear apart if placed on an open grill, therefore, it is best to invest in a handy hinged broiler to hold the fish secure. Just oil the broiler, put in the fish, clamp down the hinged top and you can cook fish over a campfire or outdoor grill to perfection.

You can broil on the grill by using under each fish, a piece of aluminum foil about an inch larger all around than the fish. Simply grease the foil put the fish on it and cook over hot coals.

Otherwise, leave on head, tails, skin and scales. Broil fish on grill and when ready to eat, just peel off outside layer of skin. Serve with extra barbecue sauce if desired.

Shrimp and scallops are good skewered like this: First, mix ⅓ cup prepared mustard, ⅓ cup catsup, ⅓ cup Worcestershire sauce and dash of Tabasco. On long skewers thread in order: mushroom caps, large cooked shrimp, cubes of boiled ham, quarter of tomato. Brush with mustard sauce mixture, roll in cracker crumbs and brush with melted butter. Grill 12 minutes, turning and basting again.

Use foil as disposable platter for seafoods and as bowls for salads, pickles, seasonings, and vegetables.

Use tongs for turning seafoods to prevent tearing.

Weight down your picnic tablecloth by sewing small metal washers or fishing sinkers in hem of each corner.

Another handy item is an apron with wide pocket across the top. Attach to table cloth to hold small items.

Line the firebox with heavy duty foil to catch drippings and keep grill clean.

Place a layer of tiny stones in the firebox. This helps with ventilation and prevents the grill from burning out.

Don't waste charcoal. When finished with cooking, lower hood to put out the fire, or extinguish with water.

Be sure to dry charcoal before using again. If fire was on the ground, extinguish with dirt and water.

EASY GRILLED FISH

4 pounds assorted pan fish (small)
1 cup olive oil
1 teaspoon salt
½ teaspoon pepper
3 tablespoons lime or lemon juice
1 tablespoon dried salad dressing mix (optional)

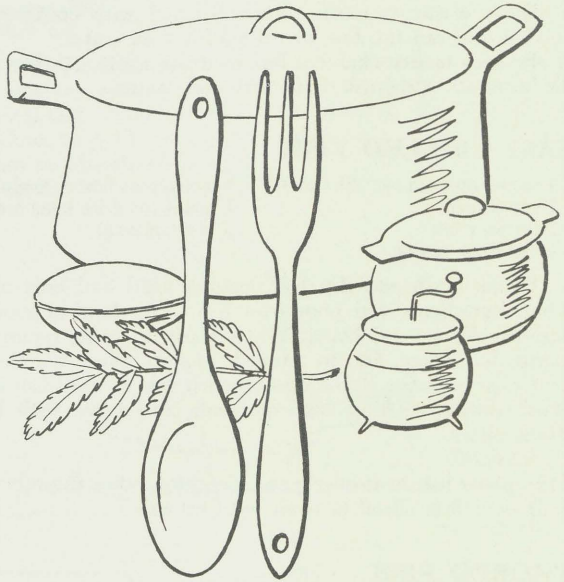
Clean, wash and dry fish, leaving head and tails on. Mix other ingredients and pour over fish. Let stand at room temperature for several hours. When ready to cook, remove from marinade. Place fish in hinged broiler, close together, and broil over coals for 15 minutes on each side or until fish is done. Brush during cooking with marinade and serve with lime or lemon slices.

Serves 6.

TIP: place fish in broiler pan. Combine other ingredients and pour over fish. Broil in oven until brown.

SMOKED FISH

Don't overlook smoked fish. It is available at seafood markets in most cities or at smokehouses along the coasts. If not, smoke your own. Instructions are available at no charge by writing to Sarah Alberson, Home Economist, State Board of Conservation, P. O. Box 551, Tallahassee, Florida.



SMOKED FISH CASSEROLE

2 cups flaked smoked fish
1 tablespoon chopped onion
½ cup chopped celery
¼ cup chopped green pepper
2 tablespoons butter
1 cup (1 can) sliced mushrooms
¾ cup bread crumbs
½ cup melted butter
½ teaspoon salt
¼ teaspoon pepper
dash pepper sauce
½ cup milk
¼ cup evaporated milk

Sauté onion, green pepper and celery in 2 tablespoons butter until soft but not brown. Stir in mushrooms. Combine remaining ingredients separately.

In a buttered 1 quart casserole dish layer vegetable mixture, then bread crumb mixture, ending with bread crumbs.

Bake in moderate oven (350° F.) for 30 minutes and serve very hot.

Serves 4.

With this hot seafood dish it is suggested that you serve a cold tomato juice-clam cocktail, white asparagus tips on lettuce with mayonnaise, heated carraway-seed rolls and orange ambrosia.

SMOKED FISHBURGERS

2 cups flaked smoked fish (kingfish, sailfish, amberjack, mackerel and mullet are all good)
½ cup home-style mayonnaise
¾ cup grated American cheese
2 tablespoons lemon juice
2 tablespoons chili sauce
salt and pepper to taste

Combine all ingredients except grated cheese. Fill carraway seed hamburger buns with fish mixture. Place on baking sheet and sprinkle with fish mixture. Place on baking sheet and sprinkle with grated cheese. Heat under broiler until cheese has melted. Serve with dill pickle strips, sliced tomatoes, or tossed salad. 4 servings.

OUTDOOR SMOKED SHRIMP

First, let me suggest that you buy an extra pound of shrimp because these will go fast. Shell and de-vein raw shrimp. Prepare this marinade for each pound of shrimp:

- ⅓ cup Spanish olive oil (be sure it is SPANISH)
- 1 tablespoon tarragon vinegar
- 1 tablespoon minced parsley
- ½ teaspoon celery seed

Remove shrimp from marinade. Place sheet of aluminum foil over open grill, or use solid grill. Have charcoal fire ready by placing dampened hickory chips over top. Cover grill with hood, or make one of heavy duty foil. Shrimp will cook in five to seven minutes. They are smoke-cooked.

FRANK'S MACKEREL SAUTERNE

- 3 pounds king mackerel fillets
- salt and pepper
- ¼ cup butter or margarine
- ¼ cup sauterne
- paprika

Wash and dry thoroughly the fillets. Sprinkle with salt and pepper, flour well. Place in greased broiler pan. Dot fish with butter. Place 5 inches from heat in broiler until fish loses its transparent look (about 3 minutes). Pour over fish the sauterne and return to broiler for 2 additional minutes, basting fish with sauce several times. (Add wine if necessary.) When ready to serve sprinkle fish with paprika. Serves 8.

BROILED SMOKED MULLET WITH POACHED EGGS

Cut smoked mullet into finger-sized portions. Place on baking sheet and dot with butter.

When thoroughly heated serve with poached eggs.

SMOKED FISH LOAF SUPREME

- 2 cups smoked fish flakes (boiled or left-over fish can be used)
- 1 cup milk
- 1½ cups soft bread crumbs
- 4 tablespoons melted butter
- 3 egg yolks, beaten slightly
- 2 tablespoons lemon juice
- 2 tablespoons minced onion
- ½ cup minced celery
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 3 egg whites, beaten

Scald milk. Add bread crumbs and butter. Beat until smooth. Combine with fish flakes, egg yolks, lemon juice, onion, celery, salt and pepper. Fold in stiffly beaten egg whites. Grease loaf pan. Turn in fish mixture and bake at 350° F. for 35 minutes.

Serve hot with a tomato sauce.

Serves 6.

OUTDOOR LOBSTER ORIENTAL

- 2 cooked lobsters
- ¼ cup soy sauce
- 1 tablespoon brown sugar
- 2 tablespoons cooking sherry
- 1 teaspoon cayenne pepper

Ask your seafood dealer to split and prepare lobsters for broiling.

Mix soy sauce, brown sugar and sherry wine. Grill lobsters over coals basting with sauce. Dust with pepper and serve piping hot. (May be cooked under broiler until browned).

Serves 4.

SHRIMP ON SKEWERS

Peel and de-vein raw shrimp. Wash and dry. Thread shrimp on long skewer all facing in the same direction. Marinate in soy sauce. Cook slowly, broiling over direct coals for 10 to 12 minutes. Turn and fill space between shrimp with pats of butter, salt and pepper. Broil for another 12 minutes.

Salad

SMOKED FISH SALAD

1 pound smoked fish (flaked)
1 cup celery, chopped
2 hard-cooked eggs chopped
¼ cup sweet pickles, chopped
2 tablespoons chopped onion

Flake smoked fish and mix with other ingredients. Toss with 3 tablespoons mayonnaise mixed with juice of ½ lime.

Serve in lettuce cups and garnish with quartered tomatoes.

Miscellaneous Dishes

Turtle

In Florida there are the loggerhead and the green turtles, which are captured in huge nets near Key West. Loggerhead turtles weight up in the hundreds of pounds. Green turtles tip the scales nearer 75 pounds. In the summer, the female loggerhead digs a hole in the sand on deserted beaches and lays hundreds of eggs. These she tenderly covers and pats down with her flippers. It is against the law to disturb these nests and turtles are protected by law from May 1 to September 1.

A popular dish in Florida is turtle stew made by boiling 2 pounds cut turtle meat in 2 quarts water for 15 minutes. Drain, reserve stock. Saute 2 chopped onions and turtle meat in fat until brown. Add hot stock; simmer until tender. Add 1 can tomato puree, 2 large diced potatoes. Season and cook 20 minutes. Serve very hot with crackers.

BROILED TURTLE STEAKS

Have turtle meat cut into 3-4 inch steaks. Parboil steaks for 20 minutes. Place each steak in a square of foil and cover with the following sauce: 1 tablespoon Italian salad dressing mix, ⅓ cup olive oil, 1 tablespoon minced parsley, 1 tablespoon lime juice, 2 tablespoons vinegar and 1 tablespoon dehydrated onion flakes which have been soaked a few minutes in 2 tablespoons water.

Place open foil packages of steaks in broiler pan and broil in oven for 10-15 minutes or until nicely browned, turn and baste with marinade. 1 steak for each serving.

TURTLE STEAKS

1 pound turtle steaks
salt and pepper to taste
flour
1 can cream of mushroom soup
¼ can water
pinch thyme
pepper

Slice turtle steaks across the grain. Beat steaks with mallet or saucer. Sprinkle with salt and pepper. Dredge in flour and brown in shallow fat. Pour in soup, thinned with water. Add thyme and pepper to taste. Cover and simmer until steak is tender, about 20 minutes. Serves 4.

TURTLE SOUP

2 pounds turtle meat
6 medium potatoes, diced
5 small onions, chopped
1 small can evaporated milk
salt and pepper

Cut turtle meat in small pieces. Place in a heavy cooking pot. Cover with water. Cook until meat is tender. Add potatoes and onions. Cook until meat and potatoes are done. Add milk and seasonings. Serves 6.

Eel

BARBECUED EEL

2 pounds eel, skinned and cut into 2 inch pieces
2 eggs
2 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon chervil
1½ cups bread crumbs
extra melted butter

Wash and dry eels. Beat eggs with melted butter, salt, pepper and chervil. Dip eel chunks first in egg, then roll in crumbs, again in egg and crumbs. Thread on skewers and cook over hot coals, turning and basting with extra melted butter. Serve with tartar sauce.

PAN BROILED EEL

1 large sliced eel
¼ cup butter
chopped parsley
salt and pepper

Wash and dry eel. Sauté in melted butter. Salt and pepper to taste. Sprinkle with chopped parsley.

Serves 4-6.

DONAX (COQUINAS)

To prepare, wash coquinas *very good* in cold water. Place them in a kettle of hot water to cover.

When the water boils vigorously, strain the coquina juice and season with salt and pepper. Serve ice cold with Tabasco sauce and lime juice for a cocktail. For soup, serve hot with milk or cream added, and melted butter to taste.

Conch

Conches can be boiled in the shell to remove the muscle, or salt can be placed thickly on the snail to cause it to come out of the shell or loosen it so it can be pulled out, or the true "concher" knows the exact place at the top of the shell to cut the muscle loose and pull it out all in a few seconds.

Conches are usually boiled and cut up for salad or ground up or pounded for soups and fritters. The meat is very tough and rubbery. It requires a long time to cook.

CONCH CHOWDER

1 pound conch meat or 6 conches in shell
¼ cup fresh lime juice
1 large onion, diced
2 cloves garlic, minced
1 stalk celery, chopped
4 tablespoons fat
2 cans tomato paste
2 quarts water
1 teaspoon salt
½ teaspoon pepper
4 potatoes, diced

Cook conches in boiling water about 3 minutes or until meat curls. (If in shells). Remove meat and beat with mallet or edge of saucer until meat is in pieces. Pour lime juice over meat and let stand several hours. Sauté onion, garlic and celery in fat until soft and brown. Add tomato paste and simmer 10 minutes. Add water, salt and pepper. Bring to boil and add potatoes. Simmer until about half done. Add conch meat and cook until potatoes are tender.

Serves 6.

Substitute rice for potatoes if desired.

Boiled conchmeat is good chopped in a salad, or oven barbecued. Use sauce in recipe "Barbecued Fish Fillets" on page 13.



Tasty Treats

SEAFOOD A LA KING

½ cup drained oysters
½ cup chopped cooked shrimp
½ pound cooked conch meat
1 can cream of celery soup
½ teaspoon salt
dash pepper
1 tablespoon chopped parsley
6 drops red pepper sauce
1 tablespoon lemon juice

Drain oysters, chop shrimp and conch meat. Heat soup with other ingredients. Add seafoods and heat again. Serve over toast points to 6.

With Seafood a' la King serve buttered carrots, asparagus salad, sliced peaches and pound cake.

CLAM COOLER

2 cups jellied madrilene
1 cup clam juice
1 tablespoon lime juice
1 teaspoon grated lime rind
⅛ teaspoon dried tarragon
1 tablespoon fresh dill, chopped (optional)

Mix all ingredients together and chill. When ready to serve, add ¼ cup Yoghurt to soup and beat with a whisk until blended. Serves 4.

OR: A quick cool appetizer is made by combining equal amounts of tomato and canned clam juice. Chill thoroughly and serve with a wedge of lemon or lime. Pass crisp cheese crackers.

Sauce & Dips

EGG SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup fish stock or hot water (from poaching fish to make flakes)
½ teaspoon salt
dash pepper
2 more tablespoons melted butter
1 sliced hard-cooked egg

Melt butter, remove from heat. Blend in flour until smooth. Add fish stock or water (for white sauce substitute 1 cup milk). Cook until thickened. Add seasonings and sliced egg. Makes 1 cup sauce.

CLAM DIP

1 can (7 ounces) minced clams
2 packages (3 ounces each) cream cheese
¼ teaspoon salt
2 teaspoons grated onion
1 teaspoon Worcestershire Sauce
3 drops tabasco
2 teaspoons lemon juice
1 teaspoon chopped parsley
potato chips

Drain clams. Save liquor. Soften cheese at room temperature. Combine all ingredients except potato chips and liquor; blend into a paste. Gradually add about ¼ cup clam liquor and beat until consistency of whipped cream. Chill. Serve in a bowl surrounded by potato chips.

Makes about 1 pint dip.

SHRIMP SPREAD

¼ cup chopped shrimp
1 cup dairy sour cream
½ cup mayonnaise
¼ cup chopped stuffed olives
2 tablespoons tarragan vinegar
½ teaspoon salt
dash white pepper (optional)

Combine ingredients; chill. Makes about 1⅔ cups.

HOT TOMATO SAUCE

2 cups stewed tomatoes (canned)
2 tablespoons flour
2 tablespoons melted butter
1 tablespoon dehydrated onion flakes, or
1 small onion, diced
salt and pepper to taste

Heat stewed tomatoes. Mix melted butter and flour. Stir into tomatoes. Add onions, salt and pepper. Cook, stirring constantly, until thick. Pour over poached fish. (See page 10.)

OR: Serve whole poached fish on platter garnished with salad greens. Over fish spread home-made mayonnaise with 1 tablespoon capers sprinkled over top. Dust with paprika. Fish is good this way hot or cold.

OR: Serve with GOLDEN SAUCE:

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
1 egg yolk
2 tablespoons cream
¼ teaspoon salt

Melt butter, stir in flour until it starts to brown. Add milk. Cook until thickened, stirring constantly. Add beaten egg yolk, mixed with cream. Bring to boiling point but do not boil, stirring carefully. Add salt.

Serve over poached fish. Sprinkle top with chopped parsley and slices of pimento. Serves 6.

OR: Canned soups with onion flakes make quick sauces. Add a dash of mace or thyme for a change in taste.

SHRIMP CHEESE SPREAD

1 cup cooked shrimp
½ pint cottage cheese
2 tablespoons mayonnaise
1 tablespoon prepared mustard
1 tablespoon lime juice
1 tablespoon tarragon vinegar
salt to taste

Chop shrimp. Mix cheese, mayonnaise, mustard, lime juice, vinegar, and salt.

Add shrimp. Sprinkle with parsley flakes and serve with crackers.

Makes about 2½ cups.

AVOCADO-SHRIMP SPREAD

1 cup ground or chopped shrimp
2 medium, ripe avocadoes (mashed) (2 cups)
1 tablespoon minced onion
1 clove minced garlic
¼ teaspoon salt
dash white pepper
⅓ cup mayonnaise

Combine in small bowl. Top with mayonnaise. Seal bowl with foil and chill.

Makes 3 cups.

LOBSTER DIP

2 cooked lobsters
1 avocado
½ cup sour cream
1 tablespoon mayonnaise
½ teaspoon salt
¼ cup grated onion
6 drops tabasco
½ teaspoon celery seeds

Remove lobster meat from shells and cut in bite-size pieces. Peel, remove seed and mash avocado. Blend with other ingredients except lobster. Chill and serve dip in bowl surrounded by lobster meat with toothpicks handy for dipping.

About 2 cups dip.

SAUCE FOR BAKED FISH

½ cup melted butter or margarine
½ teaspoon paprika
1 tablespoon lemon juice

Mix all ingredients and serve with baked fish.

TARTAR SAUCE

½ cup mayonnaise
2 tablespoons pickle relish
½ teaspoon Worcestershire sauce
1 tablespoon lime juice

Mix all ingredients in small bowl and chill. Makes ⅔ cup.

CURRY FRENCH DRESSING

⅔ cup olive oil
⅛ teaspoon salt
1 teaspoon curry powder
3 tablespoons vinegar
⅛ teaspoon white pepper

Shake together until well blended. Yields ¾ cup.

ZIPPY DRESSING

Mix the following ingredients and chill:

1 cup mayonnaise
¼ cup chili sauce
¼ cup French dressing
salt and pepper to taste
1 teaspoon wet-pack horseradish
1 teaspoon Worcestershire sauce

COCKTAIL SAUCE

½ cup tomato catsup
¼ cup lemon or lime juice
4 drops tabasco sauce
½ teaspoon celery seed
¼ teaspoon salt

Mix all ingredients and chill.

This sauce is good with all cold or hot seafoods. For family style cocktail, pour over seafoods and shredded lettuce in large salad bowl.

COCKTAIL SAUCE

½ cup catsup
1 tablespoon grated onion
1 teaspoon Worcestershire sauce
¼ teaspoon salt
2 tablespoons lemon juice
2 tablespoons mayonnaise
1 teaspoon celery seed
dash pepper

Combine all ingredients and chill. Serves 6.

COCKTAIL SAUCE

1 cup catsup
1 tablespoon grated horseradish
1 tablespoon onion, minced
few drops Tabasco sauce
2 tablespoons vinegar
1 tablespoon celery, minced
½ teaspoon salt
1 teaspoon Worcestershire sauce

Blend all ingredients and chill.

FENNEL SAUCE

1½ cups mayonnaise
½ cup commercial sour cream
4 teaspoons chopped chives
3 teaspoons chopped parsley
1 tablespoon finely pickle dill, chopped
1¼ teaspoons ground fennel
2 teaspoons tarragon vinegar
¼ teaspoon salt
dash pepper

Mix all ingredients well. Serve with hot or cold fish. Makes about two cups sauce.

TARRAGON DRESSING

Peel and crush 1 clove garlic. Add to ½ cup olive oil. Let stand several hours at room temperature.

3 tablespoons tarragon vinegar
2 tablespoons Worcestershire sauce
1 tablespoon lime juice

Strain olive oil to remove garlic. Add oil to vinegar, Worcestershire sauce and lime juice.



DEPENDABLE HOLLANDAISE SAUCE

2 egg yolks
½ teaspoon salt
dash cayenne pepper
½ cup melted butter
1 tablespoon lemon juice

Beat egg yolks until thick. Add salt, pepper and 3 tablespoons melted butter, being careful to add a tiny drop at a time. Beat in alternately, the rest of the butter and lemon juice. Store in refrigerator and reheat over warm water as needed. Stir constantly.

QUICK SEAFOOD SAUCE

1 cup mayonnaise
½ cup grated cucumber, drained
1 tablespoon lime juice
salt and pepper to taste
⅛ teaspoon onion salt

Mix all ingredients well and chill. Serves 6.

EASY HOME MAYONNAISE

1 egg
¼ teaspoon ground mustard
1 tablespoon white vinegar
1 teaspoon salt
¼ teaspoon pepper
1 cup half salad and half olive oil
2 tablespoons lemon juice

Get out a small mixing bowl with deep bottom. Put into it the egg, mustard, vinegar, salt and pepper. Beat with rotary beater or mixer for 1 minute. Repeat twice more, each time pour on ⅓ cup of oil, beating for a minute after each addition. If mayonnaise is a little too stiff, add just a little more oil. After the last beating, add lemon juice. Be sure to use at least ½ cup *olive oil* to give it needed flavor.

This is good over cold crab or lobster meat, seasoned with salt, pepper and paprika. Garnish with tomato wedges.

FISH PARTY DIP

1 cup fish flakes
2 packages cream cheese with chives
¼ teaspoon salt
1 teaspoon onion juice
1 teaspoon Worcestershire sauce
3 drops tabasco
2 teaspoons lemon juice

Soften cream cheese with other ingredients. Serve with potato chips.

SHRIMP-SOUR CREAM-CHIVE SNACKS

1 cup commercial sour cream
3 tablespoons chopped chives
1 tablespoon lime juice
1 cup cooked shrimp, chopped

Mix all ingredients and spread on crisp toast points or wheat wafers. Makes 2 cups spread.

ROQUEFORT DRESSING FOR SHRIMP-CITRUS SALADS

⅓ pound Roquefort cheese
1¼ cups French dressing
¼ cup mayonnaise

Let cheese stand at room temperature until soft. Mash with fork and blend in French dressing and mayonnaise. Makes about 2 cups.

MUSHROOM SAUCE FOR FRIED FISH

¼ cup mayonnaise
½ teaspoon prepared mustard
1 tablespoon sweet pickle relish
1 tablespoon tarragon vinegar
1 can (3 ounce) sliced mushrooms, drained
¼ teaspoon celery seed

Combine all ingredients and let stand one hour or more before using. Makes 1 cup.

Nutritional Value of Fish and Shellfish

SEAFOODS are excellent sources of proteins, fats, minerals and vitamins, as well as essential iodine.

PROTEINS—18% of edible portion of fish is protein. Average serving supplies the daily requirement of protein, which is essential for the growth and maintenance of the human body.

FATS—Most seafoods can be used on low calorie or low fat diets by using the lean varieties. On high calorie diets by using the fatty seafoods with added fat and rich sauces. 5% to 21% of edible portion of fish is fat. Lean fish are those under 5% fat. Fatty fish are those with 5% and over.

IODINE & MINERALS—Marine fishes are especially rich sources of iodine, (required for the proper functioning of the thyroid gland) containing 50 to 200 times as much of this essential element as any other food. Oysters, shrimp, and crabmeat, compared with milk, provide half as much calcium, five times as much magnesium, and slightly more phosphorus. Iron and copper, which build up the hemoglobin content of the blood and prevent or remedy nutritional anemia, are easily obtained by eating more fish. Oysters and shrimp are the best known sources of these two minerals. Sulphur, as a constituent of cystine, one of the essential amino acids in proteins, necessary for growth and physiological processes.

VITAMINS—D for bones and teeth—Average serving of fish supplies all that is needed.

A for eyes and growth—Fish contain 10% of daily requirement.
B for healthy skin and membranes, appetite, nerves, growth.
B1 Thiamin—antiberiberi, cell respiration—15%.
B2 Riboflavin—growth, oxidation of cells, digestion, health, vitality and Nicotinic acid—prevents pellagra—70%.

DO

Avoid overcooking fish. Fish is cooked when it loses its transparent look, and the flesh flakes easily when tested with a fork.

Sprinkle fish with salt and pepper and a generous amount of lime or lemon juice; let stand several hours before cooking. This improves the flavor.

When purchasing a whole fish, allow ½ pound for each person. Steaks and fillets, allow ⅓ pound per person.

Use all left-over cooked fish. Flake from bones and skin to use in salads, casserole dishes, chowders and any recipe calling for canned or flaked fish. Also fish flakes may be frozen for future use.

Always tightly cover fish stored in the refrigerator. Remove from its paper wrappings, wipe off with a damp cloth, and place in a covered dish or roll in waxed paper. Store in the coldest part of the refrigerator.

Line the baking pan or broiler pan with aluminum foil when cooking fish in the oven. It is easier to remove the fish when cooked and helps with the dishwashing, too.

Dry fish thoroughly before frying. The reason the fat splatters is because the fish has not been dried.

Place fish in frying pan flesh side down to prevent curling.

Have fat hot but not smoking when frying fish. Turn to brown on both sides.

When broiling, baking, or planking lean fish, baste frequently with melted butter or other fat to avoid dryness.

Rub lemon juice over fingers before handling fish to avoid any odor clinging to the hands.

Remember that a fresh fish has bright bulging eyes, firm flesh and pink gills.

Keep frozen fish frozen until just before using. It may be cooked before or after thawing, but requires longer cooking time if used frozen. Thaw at room temperature.

Slice a lime or lemon and add to water when boiling fish. This improves the flavor and prevents it from falling apart.

Sprinkle salt over fingers when cleaning fish. You'll find them easier to handle.

DON'T

Leave fish, except salt fish, soaking in water; it extracts the flavor and makes the flesh flabby.

Overcook smoked fish. Too much added heat destroys the flavor.

Overcook shrimp. Drop shucked shrimp in boiling salted water (spices may be added) and when it comes to a boil again, remove from heat, cover and let stand about 5 minutes, then drain.

REMEMBER

Oysters and clams should be cooked only until tender (they curl around edges). Crab and lobster meats are already cooked when purchased.

Tips

1 pound of fish yields 2 cups cooked, flaked fish.

1½ pounds of raw shrimp yields ¾ pound when cooked and shelled; enough for 4.

1 pint of oysters for frying, broiling, or raw serves 4.

For holding the shrimp boil or spices, you'll find a little aluminum tea ball, used for making hot tea, very handy.

4 slices of bread yield 2 cups bread crumbs.

2 egg whites measure ¼ cup.

18 crackers yield 1 cup crumbs.

⅛ teaspoon garlic powder equals 1 clove garlic.

1 tablespoon cornstarch equals 2 tablespoons flour for thickening.

4 to 6 lemons equals 1 cup juice.

In measuring liquids place measuring cup on level surface or hold at eye level while pouring liquid in.

1 stick of butter or margarine equals ½ cup.

1 cup milk, or ½ cup evaporated milk and ½ cup water, plus 1 tablespoon lemon juice or vinegar, equals 1 cup sour milk or buttermilk.

¼ teaspoon of baking soda plus 1 teaspoon of cream of tartar equals approximately 1 teaspoon of baking powder.

Fresh and frozen fish are marketed in various forms for different uses. Knowing these forms or "cuts" is important in

buying fish. The best known are:

WHOLE—as they come from the water. Before cooking, must be scaled, and the insides removed, and usually the head, tail and fins removed. Ask your dealer to do this for you.

DRAWN—whole fish with insides removed. Generally scaled before cooking, and usually the head, tail, and fins removed. Ask your dealer to do this.

DRESSED OR PAN-DRESSED—whole fish with scales and insides removed, usually with head, tail, and fins removed. Ready to cook as purchased.

STEAKS—cross-section slices from large dressed fish. Ready to cook as purchased.

FILLETS—sides of the fish, cut length-wise away from the backbone. Ready to cook as purchased. Practically boneless.

STICKS are pieces of fish cut from blocks of frozen fillets into portions of uniform dimensions, usually about ½ inch wide, 3 inches long, and ⅜ inch deep, and weigh approximately 1 ounce.

TO SCALE A FISH

Place the fish on a large sheet of paper, remove the scales with a fish scaler or a knife. Begin at the tail and work toward the head. If fish is slippery, hold it with a cloth.

TO SKIN A FISH

Do not scale.

Cut around the back fins and pull them off or grasp the rear part of a fin and give it a sudden pull toward the fish's head. Both the fin and its bony structure will come away. Or, cut off the fins with a scissors allowing a small part to remain visible so the bones may be located easily after the fish is cooked.

Place fish on flat surface, run a knife point down the entire length of the backbone. Loosen the skin near the head of the fish and around the gills, then strip it off toward the tail. Reverse the fish and repeat the process on the other side.

TO CLEAN FISH

Make a slit down body cavity from gills to vent, remove entrails and wash away any blood. Scrape backbone with knife tip and remove any black membrane by rubbing with salt. Remove fins, gills and eyes. If you wish head and tail removed, cut off gill with head. Wash fish thoroughly and dry.

TO FILLET A LARGE FISH

Remove the fins. Scale the fish and clean it. Split it open from the vent to the tail. Cut, beginning at the tail. Separate the flesh from the backbone and loosen it from the rib bones. Do not cut into the skin on the backbone, because it will hold the fillets together. Cut the fillet from the other side in the same manner.

Feel the fish all over with the fingers to find small bones that may have remained in the flesh, and remove them with tweezers and a short-bladed knife and the thumb.

FAT AND LEAN FISH COOKING SUGGESTIONS

For best results in preparing a fresh fish it is desirable to know whether it is fat or lean. Both can be cooked by any basic method, but lean fish requires more added fat during cooking to keep them moist and flavorful.

Fatty fish are those containing more than 5% fat. Examples are mullet, Spanish mackerel and pompano.

Lean fish contain less than 5% fat. Examples are red snapper, sea trout and grouper.

Popular Methods of Cooking Seafood

FATTY FISH

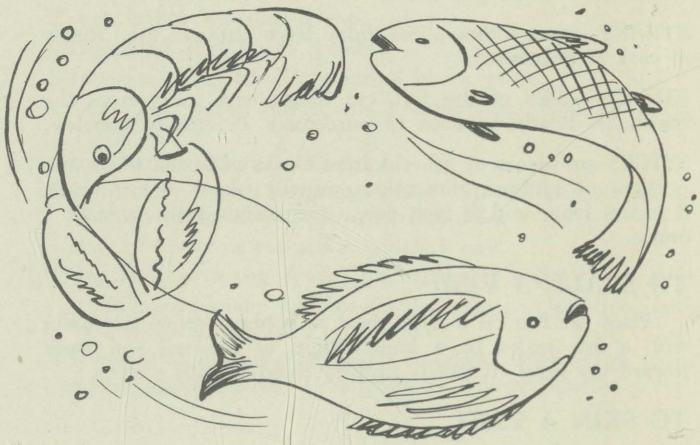
Generally can be baked, broiled, planked or fried. Good with a tart sauce with mustard, lemon juice, horseradish, etc.
SMALL PANFISH—fried or broiled.
KING MACKEREL—grilled, boiled, broiled, stuffed, baked.
MULLET—grilled, smoked, baked, barbecued or fried.
POMPANO—grilled, baked, broiled.
SHAD—grilled, broiled, baked, smoked.
SPANISH MACKEREL—broiled, baked, barbecued, grilled.
WEAKFISH OR SEATROUT – broiled, baked, barbecued, grilled.

LEAN FISH

Flesh is firm and does not fall apart easily. You can fry, poach, steam, barbecue, or use any recipe with added fat.
BLUE FISH—broiled, baked.
CREVALLE—broiled, baked.
CROAKER—fried, broiled.
DRUM—fried, boiled, baked.
FLOUNDER—baked, fried.
GROUPER—broiled, boiled, fried.
SHEEPSHEAD—boiled, broiled, baked, fried.
SNAPPERS—baked, broiled, fried, boiled.

SHELLFISH

CLAMS—raw, steamed, deviled, chowders, fried, casseroles.
CRAB—boiled, broiled, casserole dishes.
LOBSTER—boiled, broiled, casserole dishes.
OYSTERS—raw, broiled, baked, casseroles, fried, chowders.
SCALLOPS—boiled, broiled, baked, casseroles, chowders.
SHRIMP—boiled, baked, broiled, fried, smoked, barbecued.



CONTENTS

	Page
Fish	3-13
Fish Salads	13-14
Lobster	15-18
Lobster Salads	19
Oysters	19-24
Scallops	24-27
Scallop Salad	27
Shrimp	28-37
Shrimp Salad	38
Crabs	38-43
Crab Salad	43-44
Clams	45-48
Outdoor Seafood Cookery	48-53
Tasty Treats	54
Sauces & Dips	55-58
Nutritional Value of Fish & Shellfish	59-60
Tips	60-62

